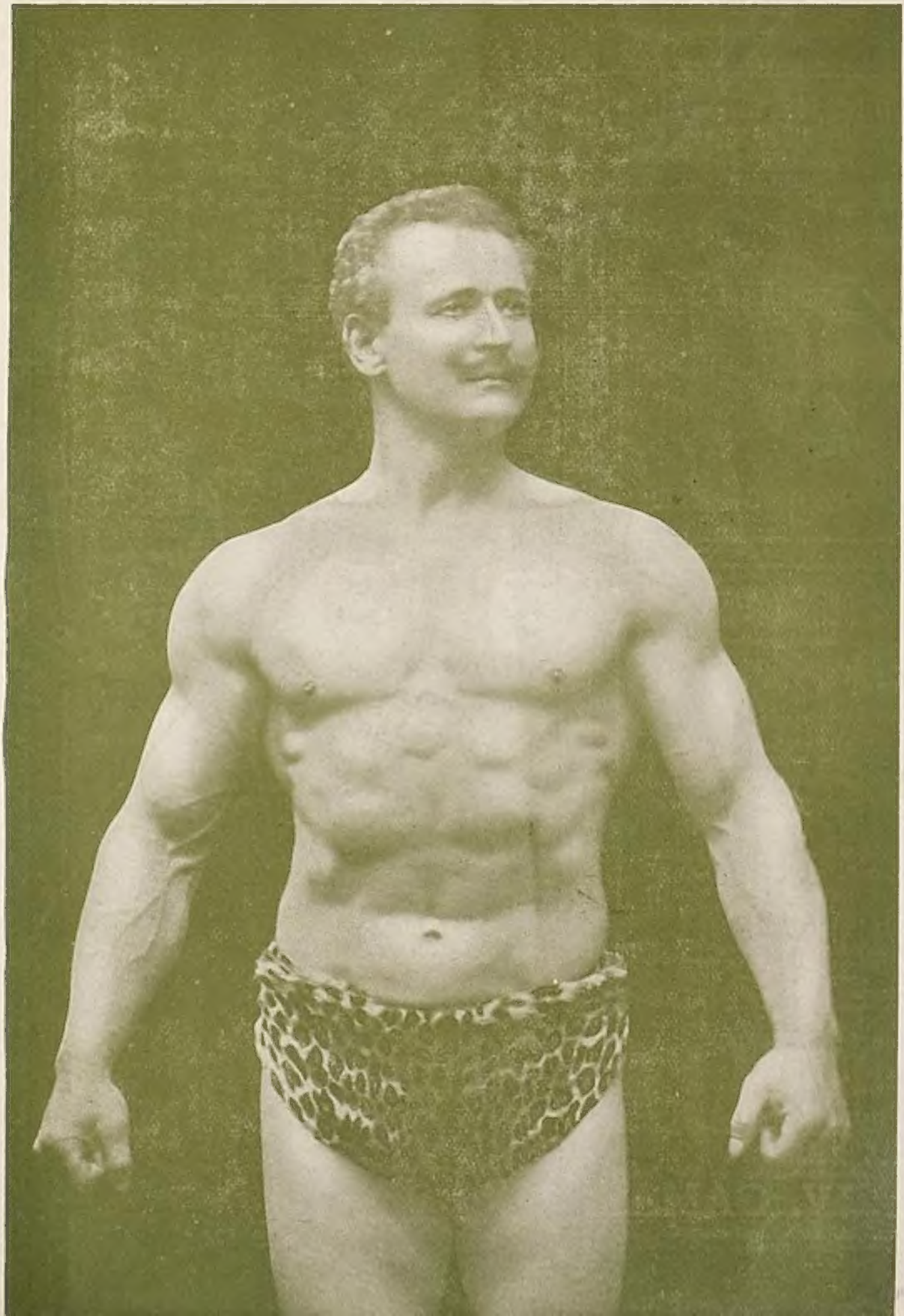
POISONS WE EAT DAILY. See Inside. 2d.

Sandow's Illustrated Weekly Magazine



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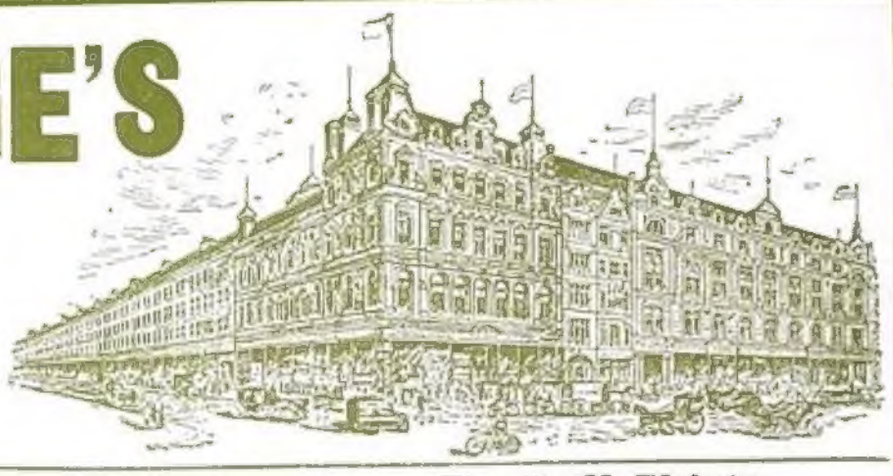

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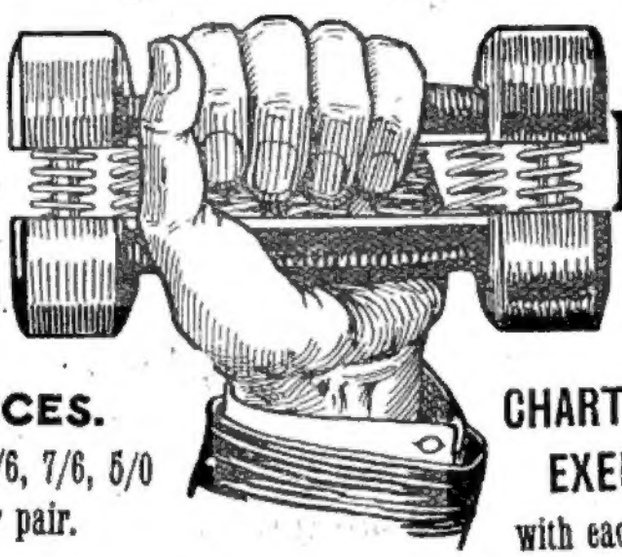

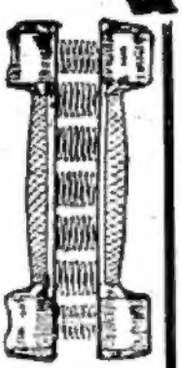

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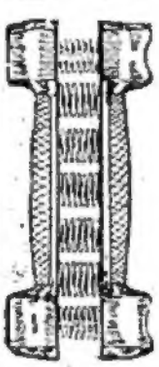

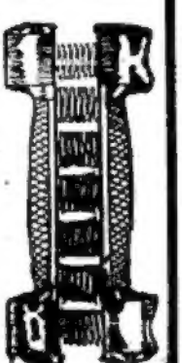

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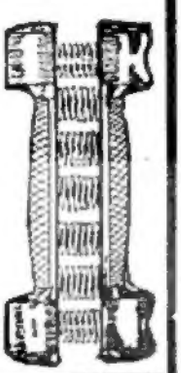
Yours faithfully,

EUGEN SANDOW.



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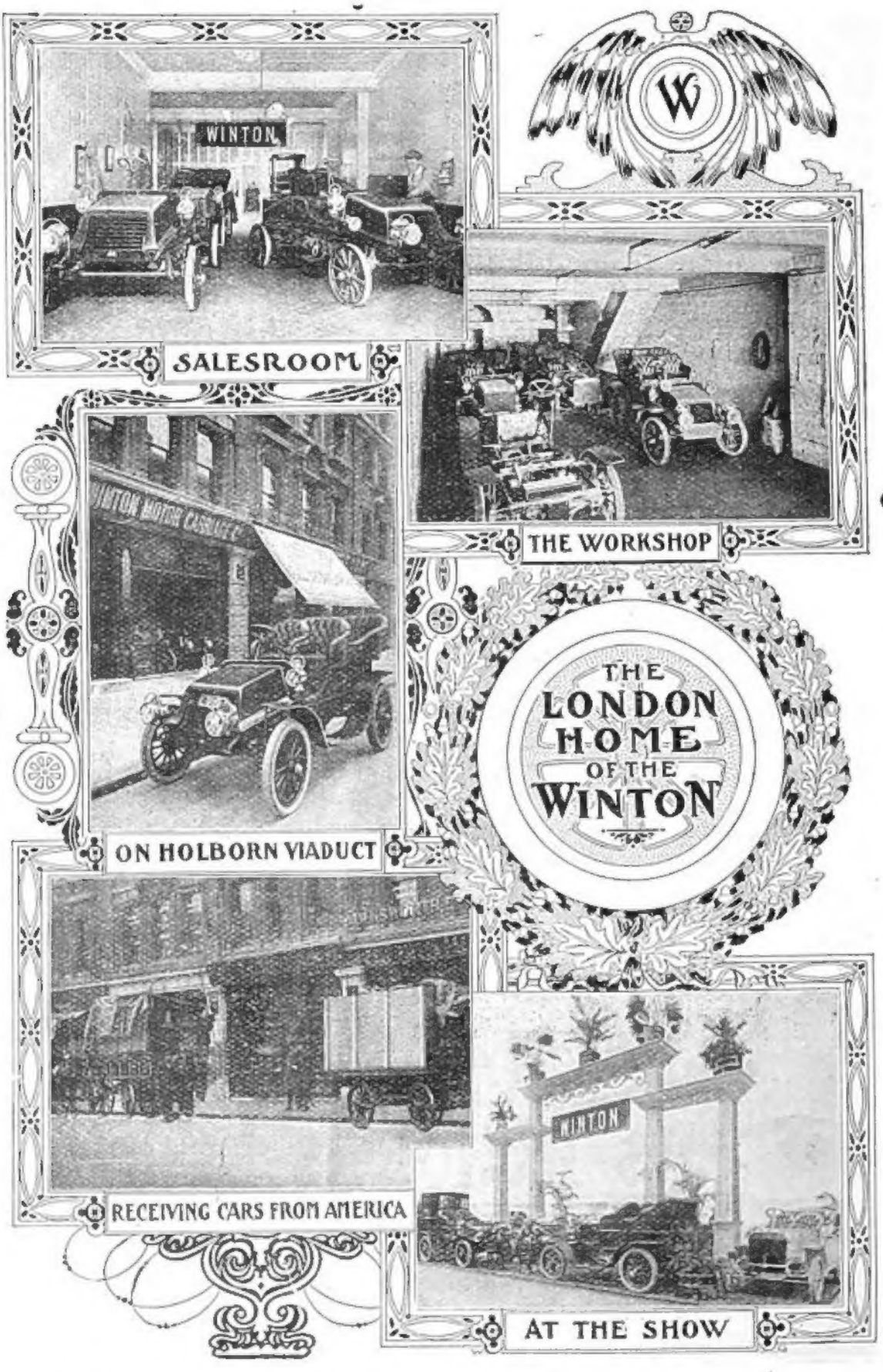

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SPECIAL NOTICE.

The Latest Picture of Mr. Sandow, which appeared in our issue of Jan. 19th, depicting him in a new pose, will appeal to many of our readers. As a limited number only were printed on fine art paper, suitable for framing, early application should be made in order to secure a copy to the Manager, "Sandow's Magazine," 131 Temple Chambers, London, E.C., price 6d. (post free).

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MOTTO:—*Mens Sana in Corpore Sano*—A Sound Mind in a Sound Body.

SANDOW'S MAGAZINE
— OF —
PHYSICAL CULTURE & BRITISH SPORT.

Edited by EUGEN SANDOW. Assisted by FRANK PINK

VOL. XV. (Established 1898.) DECEMBER 7TH, 1905. No. 127.

NOTICES.

ADDRESS.—131, Temple Chambers, Temple Avenue, London, E.C.

Telephone: 3436 Central.

NOTICE.—Business Letters should be addressed to the Manager. Editorial Letters to the Editor. Cheques, Money Orders, and P.O.'s should be made payable to FRANK PINK, and Crossed "London and County Bank."

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EDITORIAL.—I am always pleased to receive Contributions, Literary and Pictorial, for consideration. Where payment is desired, the Contribution should be accompanied by note of amount required. Prompt consideration will be given and an early reply forwarded.

NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

Football, as played in America, is too strenuous, even for a world's champion prize-fighter. Jim Jeffries, whose blow is equal to 500 lbs. impact, says:—"American football is far more brutal than prize-fighting, and I don't see how many gentlemen can feel at home in the game. I wouldn't go into it for £200 a minute."

o——o

One can quite understand Jeffries' feelings on the subject, when it is remembered that the hospital bill during the past five seasons shows this amazing total:—Deaths, 45; collar-bones broken (college games only), 14; broken legs, 10; broken ankles, 5; fractured skulls, 4; broken arms, 4; broken noses, 18; injured spines, 5; badly injured knees, 26. Sounds like the casualty list of one of the minor wars, doesn't it?

o——o

I was agreeably surprised, on looking over the lengthy—and ever growing—list of Colonial and foreign subscribers to my magazine, to see the addresses of readers in every part of the world. Every reader must, I am sure, be also pleased to know that the Physical Culture movement has penetrated to the uttermost corner of the world. The thought that quickly came to my mind—as it will no doubt to others—was, that most of those readers must have stories and incidents to relate that would prove deeply interesting to all other readers. Most of them, too, could no doubt furnish photos. of the drawings (the latter need not necessarily be finished productions, as the artists on the staff of my magazine could "finish" them for reproduction) which would help to give life to the written word. The sender of every published item will be enrolled as a Fellow of the SANDOW MAGAZINE Readers' Club. At this stage, I would like to refer my readers to the particulars of *their* club, published for the first time on page 570. The design for the Club Fellowship Badge is in hand, and I shall publish a drawing of the photo. of it as soon as it is ready.

o——o

I invariably make a practice of paying, at least one visit annually, to the Stanley Cycle Show, and one of the most noticeable features of the crowd that is always to be found there is the presence of so many healthy, happy, apple-cheeked,

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and bright-eyed specimens of womanhood. There is a freshness, a vivacity of manner, a wholesomeness, about the outdoor woman that is an agreeable change from the anæmic and dispirited young women one sees only too much in evidence in the metropolis. The presence of these healthy, vivacious types of womanhood is, in my opinion, the best advertisement that cycling, as a pastime for women, could possibly have.

o——o

Elsewhere I reproduce an article contributed by "A Physician" to the *Daily Chronicle*, entitled "Football Dangers: Pernicious Effect of the Game on Growing Lads." The last paragraph contains a very specious argument in support of the writer's theory, viz., that "*The young of no animals indulge in play in any way analogous to the violent muscular movements, contortions, and gyrations involved in the game under consideration, and yet they attain a development which is perfectly normal, and when grown possess a frame capable of putting forth, when called upon, the highest possible degree of physical energy.*"

o——o

In the first place, let me state my belief that immeasurably greater general harm would be effected by restraining the natural desire of the young human being, for such active exercise as football, than may occasionally result from its practice. The boy is father to the man, and the vigorous and active boy is the most likely to develop into a strong and healthy man.

o——o

With regard to the statement contained in the foregoing italicised extract, I seem to remember that the young of animals—even those bred in the more dignified habits of domesticity—to wit, dogs, lambs, calves, and colts, do "indulge in play analogous to the violent muscular movements, contortions, and gyrations involved in the game under consideration," and only in this way do "they attain a development which is perfectly normal, etc." Farmers will tell "A Physician" that, in a litter of pigs, say there is generally one poor animal which never sems to thrive—and, indeed, ofttimes dies—"it ain't got the life to jump about and enjoy itself—that's why," as one old farmer friend of mine put it. No, let the boys—and men, too—"indulge in muscular movements, contortions, and gyrations"—it will be vastly the better for their health of mind and body.

o——o

Writing in *The Captain*, a Harrow boy writes: "I can assert, from experience, that athletic girls are just as amiable, just as fascinating, and every bit as good at flirting as their petted and pampered predecessors." I was always under the impression that, if a defence of the athletic girl were necessary, it was just on the opposite grounds, that she was *too* amiable, *too* fascinating, and *too* good at flirting.

o——o

Are our boys decadent? Admiral V. A. Montague evidently thinks they are. In a letter to the *Daily Mail*, he says "that physique is certainly not what it was," and he suggests that no boy, if physically fit, should pass the standard unless he has qualified in some measure in the rudiments of military drill and exercises. But, surely, there are few schools at present that do not include physical culture and a species of drill in their curriculum. The boys of England are, I think, just as manly and courageous as their predecessors. The inculcation of discipline is a different matter, but boys will always be boys, and what are healthy animal spirits must not always be confounded with rudeness or *impolite manners* to their elders.

o——o

I want the readers of this magazine to keep in close personal touch with me, and to send me any interesting little items of news or remarkable photos. they may obtain. The personal is always interesting, so don't hesitate to write me as often as you like.

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THE EFFORT EUGEN SANDOW
In one of his Poses

Poisons we Eat Daily.

THE latest investigations and tests made have revealed even a wider field of food adulteration than hitherto suspected. Almost every article in the household pantry is adulterated, diluted, poisoned by colouring matter, or made unfit to eat by preservatives.

From all sides arises the question, "How can we tell the pure from the adulterated foods?" And the answer is that cheap foods put on the market by unknown and unheard-of manufacturers are the ones to avoid. The higher priced, standard goods made by the best known and reputable firms are the least likely to be dangerous. Any food product which is surprisingly cheap is open to suspicion. Ordinary intelligence ought to teach a purchaser that many food articles are, on the face of them, sold too cheaply to be of fair standard, honest quality.

PURE FOOD LEAGUE.

The ultimate remedy for the wretched traffic in poisoned foods will be a national law compelling manufacturers to print on every label an exact and truthful statement of just what his package is made of. The efforts thus far made have accomplished little. This of itself shows the necessity for a national law that shall control commerce, and this is why it is proposed to form a National Pure Food League, that shall work primarily for the passage of a Pure Food Bill, and secondarily for its enforcement when it shall become a law. Meanwhile the field of food adulteration is constantly broadening, and even cattle food is now filled with bogus substitutes.

One sample contained a large proportion of ground straw. As straw and sawdust happen to be less nourishing than bran to an ordinary cow, this device for making profit may turn the scale against a farmer just enough to deprive him of his living.

A chemist who analyses spices and peppers found in peppers: Sandalwood, wheat, corn, linseed meal, red sawdust, sand, rice, bean shells, buckwheat, dyes, olive stones, mustard hulls, cornmeal, sago, cocoanut shells, pepper shells, and plain dirt. In spices he found: Cocoa-nut shells, ground shells, clove stems, wheat, cornmeal, bark, sandalwood, bread, biscuits, buckwheat, rice, flour, hulls, turmeric, charcoal, sand, mustard hulls, gypsum, potato, flour, and sawdust.

Milk has been called the keystone to the arch of the pure food crusade. Its adulteration with water, chalk, and various colouring matters is common.

USED FOR EMBALMING.

To the general use of chemical preservatives in milk a large part of the infant mortality during the hot weather is attributed. Formerly boracic acid was used for this purpose. This has been largely superseded by a solution of formaldehyde, which, in its cheaper forms, is obtained from wood alcohol. As formaldehyde is used in embalming dead bodies, its effect upon the tender stomach of an infant may be imagined. And babies under two years old feed almost wholly upon milk.

Cheap wheat flour is adulterated with potato starch, and there are two mills which turn out a certain grade of Indian corn flour that is used for this purpose.

Of all the canned preserves on the market probably red raspberry jam is the most popular. Chemists, analysing several very cheap brands of this, find them mainly constructed of gelatine, timothy seed, and aniline dye. Lemon and other so-called fruit extracts are made from coal tar dyes. It has been said that the consumer cannot tell the real from the false, and while it is not charged that the latter are poisonous, the consumer certainly is deceived.

Coffee made of Hogs' Liver.

Dr. Leon S. Waters, a food expert, has declared that a certain kind of "coffee" that is cheap and purchased in large quantities is composed mainly of bits of hogs' liver mixed with chicory.

It is on record that a food commissioner drank a teaspoonful of a concoction in common use in colouring lard to make it look like butter, and became so ill that the services of two physicians for two hours were required to revive him. Two cats were used in testing the effects of the same colouring matter; both died.

The beautiful bright green of some brands of pickles and canned peas is due to the use of sulphate of copper as a colouring matter—a species of adulteration strongly condemned by all sanitary authorities.

The large increase in late years in the use of chocolate has inspired unscrupulous manufacturers to place cheap forms on the market adulterated with cocoa shells, wheat, flour, sago flour, and other like substances. It is claimed that pure chocolate is much more easily digested than these compounds, and so much more nutritious that even at its greater price it is false economy to buy any other.

POISONOUS SWEETS.

The cheaper the sweets eaten by children the more poisonous the colours used in them, the less pure sugar and the more glucose, flour, starch, and other substances. Cheap "honey" is often nothing but glucose, cane sugar, and paraffin.

Butter is made of lard, and lard, in its turn, is often half alum, caustic lime, starch, cottonseed oil, and stearine. The primitive use of sand in sugar has been superseded by salts of lead and tin, gypsum, marble dust, rice, and flour. Your tea may be half gypsum, china clay, soapstone, gum, and various kinds of leaves. And as for vinegar, unless you are sure of the maker, it is likely to be a compound of sulphuric acid, hydrochloric acid, burnt sugar and water.

PATIENT.—Doctor, I am very short of breath.
DOCTOR.—Oh, well, we'll soon stop that.

A Human Avalanche.

Deans, of the "All Blacks," has undoubtedly earned his place among the crack New Zealand three-quarters, and is looked upon as the most promising of all the youthful three-quarters from "down under." He stands over six feet in height, weighs more than 14 stone, and has the strength of an ox. Launders, the Irish full back, said of him, after the Irish match: "He comes down on one like an avalanche, and takes an awful lot of stopping."

Tom Sayers' Nephew.

Mr. J. Sayers, the trainer of the Southern United F.C., is a nephew of the late Tom Sayers, and himself no mean performer with the gloves. He has also scored in a number of events on the running path, his last successes being at the Druids' Sports, at Putney. On that occasion he won no less than four events, the 100 yards, the 220 yards, the half-mile, and the obstacle race, all from scratch. Mr. Sayers is 39 years of age, and, like Charley's Aunt, "still running." He has a little son, four years of age, who has already won three prizes on the track. Mr. Sayers has also taught quite a number of private gentlemen the noble art, and, for the last two years, has been engaged as trainer to the cadets at Sandhurst College.

Menu in Maori.

The menu of the dinner given to the New Zealand football team at the Imperial Hotel, Dublin, on the occasion of their recent visit to Ireland, was in the Maori language. Its brevity is an interesting feature of the curious compilation:—

Ika (Hors-d'œuvre).
Ma a Ho Opi (Palestine soup).
Ta Muri (Fillets of whiting à l'Orly).
Pi Iwhi (roast ribs of beef).
Pu Ha a—Ri Wai (green vegetables—potatoes).
Hei Hei (roast chicken).
Ka Puti (salad).
Puku Niu (orange pudding).
Kati Po (dessert).

FIGURE 1.

How to Cure Round Shoulders AND Flat Chests.

By J. W. HOPKINS.

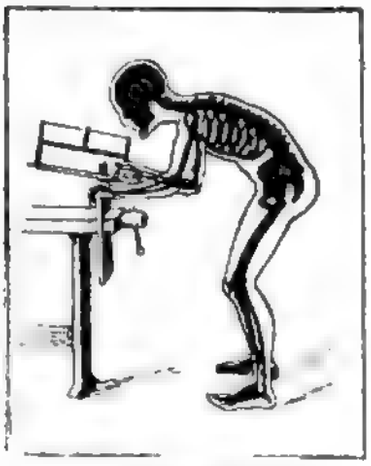


FIGURE 2.

ROUND shoulders and flat chests are found nearly as often among farmers and those accustomed to outdoor life, as among clerks, book-keepers, and other indoor workers. The condition is due not so much, perhaps, to a lack of exercise, as it is to bad working and resting positions. The farmer at his ploughing, sowing, or reaping, generally stoops. The ordinary working position, whether of sawing, or planing at bench, studying, writing, or even riding and driving, is generally that of Figure 2. And when a person rests, he usually assumes an attitude which, instead of correcting this evil, makes it worse.

If we examine a person with round shoulders—one who needs these exercises—we find the pectoral muscles shortened and the trapezius and other shoulder retractors relaxed and lengthened. The back is crooked, especially in the upper part, there being an anterior posterior curvature of the spine; the head droops and the chest is flat.

VITAL ORGANS CRAMPED.

This position is really a deformity. It greatly detracts from the personal appearance. For what person is graceful or dignified who walks with drooping head, with his chest behind instead of in front of him, and his shoulders thrown forward? This also cramps the heart, lungs, and all the vital organs. The ribs are compressed, the breathing is shallow because there is a lack of room, the stomach, liver, and intestines are crowded downward, and the action of the heart is greatly interfered with. But when one has always worked with his back straight, as in Figure 1, the organs can perform their functions properly. The blood is not congested in them, but courses freely, thus up-building and making them healthy.

To get away from this condition, the first thing to do is to correct one's position. This, with deep breathing, will relieve the majority of cases. Especially should the children be taught, both at home and at school, to sit straight and tall, to walk erect, with the head back, and to breathe deeply all the time. Teach them that if they wish to relax and rest, they must do so in a reclining, not a sitting, position. While their minds are young is the time to fix the habit. And quicker and more lasting results will be seen if the work is begun when the bones are easily shaped and the muscles more easily trained.

HEALTHY BREATHING EXERCISE.

To get the correct standing position: Stand against the wall facing the centre of the room, place the heels, hips, shoulders, and back part of the head firmly against the wall. Reach downward, with the arms as far as possible, holding them to the sides with the thumbs turned outward. The door is better than the plastered wall, as there is no skirting and the surface is perpendicular. It is well to count mentally or aloud during the movements, so that they will be taken regularly. The counting should be at the rate of one each second.

While standing in this position, take ten deep breaths, filling the lungs as full as possible and drawing the abdominal muscles in. Try to make each breath a little deeper than the breath preceding it, if possible. Slowly count four while

breathing in, and the same number while breathing out.

Stand with heels, hips, shoulders, and head against the wall. Roll the head backward as far as possible, allowing the chest at the same time to move forward, but keeping the heels and hips firmly against the wall. Return to position. Repeat this movement five to ten times, breathing in while the head is slowly moving backward, and breathing out while the head is slowly moving forward. When the chest is lifted, and the shoulders are the length of the head away from the wall, keep them in this position, and raise the head. The body is now in a correct standing position. The chest is high, the head erect, the abdominal muscles are slightly contracted, and the viscera are lifted to their natural position.

Another exercise for correcting round shoulders is arm circumduction. Stand away from the wall, in a position above described, but with the arms extended sideways, shoulder high, and pressed

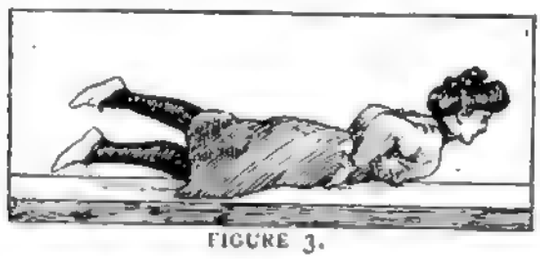


FIGURE 3.

back a little. Now describe small circles with the finger tips and arms, forward, upward, backward, and downward, about ten times. Breathe in as the arms are moved forward and upward, and out as they move backward and downward. Then rest a moment and reverse the movement, taking them in this direction about six times.

Another good exercise is the swimming movement. Stretch the arms forward, palms facing each other, fingers straight. Keeping the arms shoulder high, fling them sideways, a little back of the shoulders, turning the palms backward at the same time. Then bend them, so that the elbows will be pressed back, and the hands, palms down in front of the chest. Finally, thrust the arms forward to the starting position. Take this about six or eight times, being

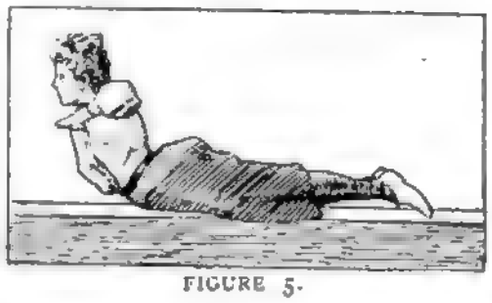


FIGURE 5.

careful to hold the head erect during the movement.

These exercises correct the deformities as far as the superficial muscles are concerned, but to strengthen the deep muscles of the back and straighten the spine, the movements should be taken in a lying position. Lie face downward, with the hands on the hips; raise the head as far as possible, and hold the position while you count eight, then return to resting position. Take a few deep breaths and repeat the exercise, gradually increasing the number of counts, until the head can be held backward while counting fifteen to twenty. Repeat the exercise from five to twenty times.

Lying on the face, with the hands on the hips, raise the right leg backward, keeping the knee straight and the foot extended. Return to position, then raise the other leg. Do this six or eight times with each leg.

Raise the head and right leg as in above exercises. See Figure 3. Return to position, breathe deeply six or eight times, and repeat with the left leg, holding the position while counting from five to ten. The swimming exercise is excellent if taken in this forward-lying position, with the feet supported under a table or held to the bed by a strap. See Figs. 5 and 6. Then the upper part of the trunk, as well as the head, can be lifted, and the swimming exercise taken as above described.

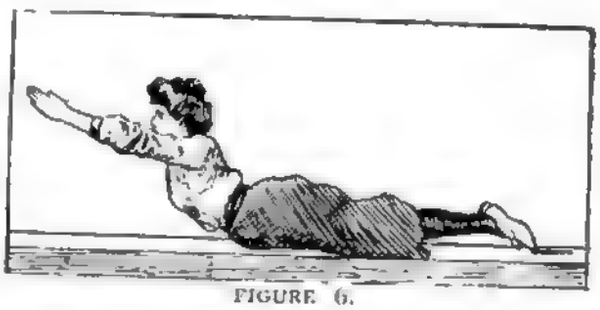


FIGURE 6.

HOW WILD ANIMALS FIGHT.

Combats to the Death are Rare.

STORIES of bloodthirsty encounters between wild animals, either of the same or different species, have been written dozens of times, yet experienced hunters not given to the habit of Munchausenising will invariably tell you that such quarrels are really rare, and that when they do occur, it is generally hunger or jealousy that is the cause. Strange to say, it is different in captivity, and the keepers at any large museum can tell you of terribly bloodthirsty and sometimes fatal battles between the bigger animals. Even there, however, says Mr. W. T. Hornaday, the director of the New York Zoological Park, writing in *Munsey's Magazine*, the animals frequently quarrel and scold one another without actually drawing blood. Sometimes, however, a deadly feud arises, and sanguinary fights take place.

Mr. Hornaday describes in promising fashion the condign punishment administered to a pugnacious little bear by another bear in the New York Zoological Park. The former was known as "Tommy the Terror," until his colours were lowered. "Tommy," says the writer, "is a thoroughbred black bear from the wilds of northern Canada. He carries his head low, and his beady black eyes bulge out like a pair of shoe buttons—a certain sign of bad temper. Even when he was an absurd little cub, he would viciously strike his keeper whenever the lumps of sugar were not sufficiently numerous to suit him, and any attempt to play with him generally ended in a case of assault and battery on the part of Tommy. He grew very rapidly, and his temper did likewise—a fact which we noted with much concern; for a permanent case of ugly temper in a bear is a serious matter.

After several months in one of the fox dens, Tommy was put in the Southern bear den, along with Big Ben, the black bear from Florida, kind-hearted Bruno from the Adirondacks, and Jappie, a jolly little rogue from Japan. It was hoped that the companionship of these three

bears, none of which had ever fought or attacked their keeper, would lead Tommy to become as good-natured as they. But no; Tommy promptly elected himself master of the den, whipped Bruno into complete submission, mauled Jappie until the poor fellow feared to call even a crust his own, and then engaged in a series of assaults on Big Ben, with the evident intention of subduing even him. Instead of plain Tommy, he became "Tommy the Terror," with a temper like a wildcat, and the boldness of a bulldog. At feeding time, he delighted to rob and browbeat his mates, even leaving his own food to drive them from theirs. Sighing for more worlds to conquer, he turned his attention to the grizzlies and the cinnamon in the adjoining den, whom he "sassed," and threatened, and slanged through the bars in a highly truculent manner. And that was what led to his downfall.

CHASTISING A BULLY

It was the habit of Curator Loring and Keeper Hoey to enter the dens of the grizzly and black bears, and walk about with perfect freedom. The silvertip grizzly is very good tempered, and so are the Kadiak bears, Billy and Bele. Bob, the big cinnamon, has always been quiet and almost bashful in disposition, having had but one fight up to that time.

On a certain morning, Keeper Hoey passed from the den of the grizzlies into that of the blacks, slammed the iron door, and walked on to the farther end of the den. Bob, the cinnamon, at once discovered that the door had not caught fast, as usual; and in the most careless manner imaginable he sauntered towards it, pushed it open, and passed through. Curator Loring cried out: "Look out, Mr. Hoey! Bob is coming through. Drive him back!"

Every one supposed that the cinnamon had sauntered in listlessly, and would readily go back to his own den. But not so. He had in his mind a definite and deliberate purpose. It was to chastise Tommy the Terror, *pro bono publico*. He passed Bruno and Jappie, paying no attention to either of them, did not even look at Big Ben, and made straight for Tommy. The Terror squared off, glared at Bob, and snapped his jaws together, with the threatening smack of his lips which keepers always heed when they hear it.

Bob rushed upon him, seized him by the shoulders, and shook him savagely. Finding himself hopelessly outclassed, Tommy yelled, "Murder! Murder! Help!" Forgetting all about old scores, little Bruno valiantly flung himself upon Bob, and bit and scratched at him savagely. Bob paid not the slightest attention. Instead of fighting off Bruno, he kept on punishing the Terror, whom he bit repeatedly, fore and aft.

Keeper Hoey seized his pike pole, and drove two inches of its iron point into Bob's shoulder. The blood flowed from the wound, but Bob paid no heed to it, and went on killing the Terror. Another cruel thrust was as completely ignored as if it had been a mosquito bite. Finally Hoey began to beat Bob over the nose with his pike handle, which made him let go of Tommy, and retire to his own den, covered with his own blood, but without the slightest protest to his keeper regarding the severe treatment he had received himself. He was evidently willing to take what he got for the privilege of chastising Tommy.

Poor Tommy's punishment was complete. But for the keeper he would have been killed, for Bob had evidently made up his mind that so vicious a youngster was not fit to live among peace loving and respectable bears.

GREAT CATS AS FIGHTERS.

Tigers, when well matched, fight head to head and mouth to mouth, as do nearly all other carnivora, and at the same time they strike with their front paws. One of the finest spectacles I ever witnessed was a pitched battle between two splendid tigers, in a cage which afforded them ample room. With loud, roaring coughs, they sprang together, ears laid tight to their heads, eyes closed until only sparks of green and yellow fire flashed through four narrow slits, and their upper lips snarling high up to clear the glittering fangs beneath. Coughing, snarling and often roaring furiously, each sprang for the other's throat, but jaw met jaw until

their teeth almost cracked together. They rose fully erect on their hind legs, with their heads seven feet high, stood there, and smashed away with their paws, while tufts of hair flew through the air, and the cage seemed full of sparks. Neither gave the other a chance to get the throat hold, nor indeed to do aught else than ward off calamity; and each face was a picture of fury.

This startling combat lasted a surprisingly long time, without noticeable advantage to either side. Finally the tigers backed away from each other, and when at a safe distance apart dropped their front feet to the floor, growling savagely and licking their lips wherever a claw had drawn blood.

TO THE DEATH.

In captivity, there have been numerous fatal combats between bison. The largest member of the Zoological Park herd, a large bull who was caught wild in the Texas Panhandle, in 1887, by C. J. Jones, once attacked his comrade, Stevenson, in Blue Mountain Park, threw him with terrific force upon a fence, and killed him.

In the Washington Zoological Park another fatal encounter recently occurred, and it began in a manner quite at variance with some of the stories of the fight. The oldest bull in the herd and a younger bull had both been whipped by a third until the park officers found it necessary to remove the first two, for their security. They were placed in a separate inclosure, where they remained on good terms until one day, in a listless and accidental manner, they began to rub their noses together. Becoming interested in the pastime, they began pushing, head to head. Like boys who begin to spar in fun and end by fighting in earnest, the two buffaloes soon reached the combative stage, and went furiously to work. To separate them was quite impossible. To and fro along the steep slope the angry animals struggled and pushed, head to head, until at last the younger bull gored the other full in the side, and threw him down the hill. Instead of being satisfied at that point, the victor followed up his advantage, gored the old bull repeatedly, with a savage determination rarely seen in a buffalo, and penetrated his vitals so often and so deeply that he died on the spot.

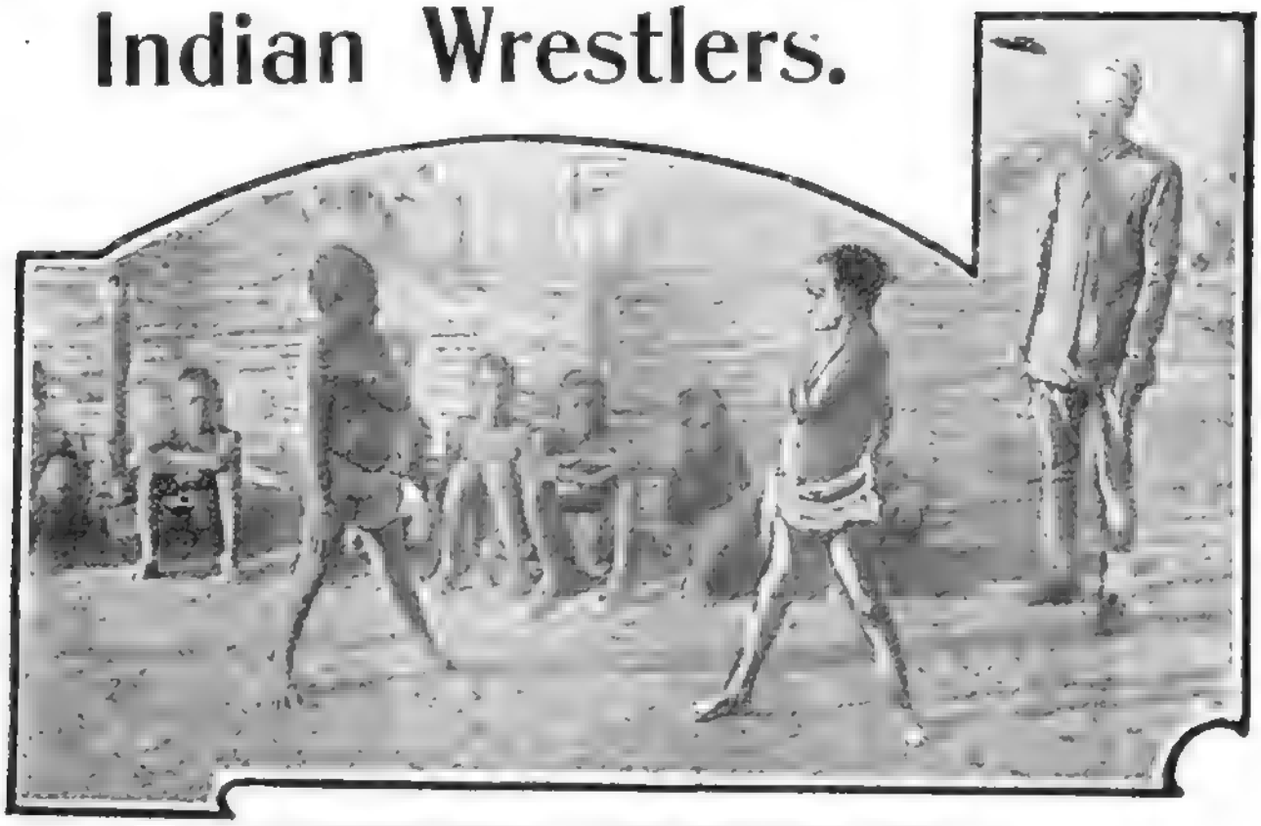
In captivity, a large proportion of mammals fight, more or less; and the closer the confinement, the greater their nervousness and irritability, and the more fighting. Monkeys fight freely and frequently; serpents, lizards, and alligators rarely do, although large alligators are prone to bite off the tails or legs of their small companions, or even to devour them whole. Storks, trumpeter swans, darters, jays, and some herons are so quarrelsome and dangerous that they must be kept well separated from other species, to prevent mutilation and murder. Last year, when a pair of trumpeter swans were put into a lake in Prospect Park, Brooklyn, with three brown pelicans for associates, they promptly assailed the pelicans, dug holes in their backs, and killed all three. The common red squirrel is a persistent fighter of the gray species, and, although inferior in size, nearly always wins.

DECIDE QUICKLY.—If indecision runs in the blood you inherit, arouse yourself and strangle this insidious foe to your achievement before it saps your energy and ruins your life chance. Compel yourself to develop the opposite quality by the constant practice of firm decision. No matter how simple the thing you are called upon to decide, be it the choice of a hat or the colour or style of a garment, do not vacillate. Persist in this course until the habit of firm decision becomes fixed, and you will be surprised to see what it will do for you, both in increasing your confidence in yourself and that of others in you. You may make mistakes in the beginning, but the strength and reliance you will gain in your own judgment will more than compensate for these. The power to decide firmly strikes at the very marrow of ability.—ORISON SWETT in *Success*.

THE SPUR OF NECESSITY.—People do not work well for bare necessities; they work well for goods, for aspirations for comfort, yes, for luxuries. The whip of starvation is not the necessity nor the assistance that it used to be thought; it is no better than the whip of the slavedriver—and [illegible] work has never yet been got out of slaves.—SIR OLIVER LODGE.

ON DISCONTENT.—There's two kinds of discontent in this world—the discontent that works, and the discontent that wrings its hands. The first gets what it wants, and the second loses what it has. There's no cure for the first but success; and there's no cure at all for the second, especially if a woman has it, for she doesn't know what she wants, and so you can't give it to her.—G. H. LORIMER.

Indian Wrestlers.



THE NATIVE WRESTLER IS TRAINED FROM HIS EARLY BOYHOOD.

IN India trades are hereditary, and wrestling is a calling that is handed down from father to son. The native wrestler—or "pahelwan," as he is known in the vernacular—is trained from his early boyhood, according to Mr. George Cecil, an authority upon Indian sports.

THE WRESTLING PIT.

The professional "pahelwan" either goes about from town to town performing before rich natives, or remains at home within call of the local patron of the ring—or rather pit, for the space on which the contest takes place is enclosed by earthen walls about three inches in height, the floor being strewn with earth or sand. These pits are not measured as accurately as could be wished, owing to the native having absolutely no sense of proportion. Inaccuracy is one of the race-characteristics of the Indian; he recognises no difference between three feet three inches and three feet. If told to make the pit six feet square, it is highly unlikely that he will carry out his instructions. However, as the wrestlers seldom find themselves anywhere near the boundaries, owing to their moving so little whilst wrestling, it does not much matter if the measurements are mathematically correct or the reverse.

It may be added that, in native infantry regiments, there are usually a dozen or so "pahelwans," who (unlike the British soldier, whose chief attraction is the canteen!) spend their leisure in performing divers feats for the edification of their comrades. Wrestlers are also to be found in the Police Force. Like the "sepoy," they spend their spare time in the wrestling-pit. Surrounded by an interested crowd of natives, they give and take falls with great good humour—much to the delight of their friends and backers.

COMPARATIVELY SMALL PHYSIQUE.

The "pahelwan" is seldom of really fine physique, compared with the English wrestler. But what he lacks in height and breadth he makes up for in fitness and "wiriness," besides always being in the pink of condition. Indeed, his powers of endurance may be described as wonderful, especially when it is borne in mind that his food consists of two or three handfuls of rice and a small plate of stewed vegetables taken at mid-day,

and a little fruit for the evening meal. Occasionally he indulges in an unsavoury compound known as "dhal," which consists (so far as can be judged) of the commonest and most tasteless vegetables served with some species of vegetable sauce. He never touches meat in any shape or form; he does not drink; he smokes his "hookah" sparingly; and he is in bed by ten and up at sunrise. But he makes up for his early rising by a *siesta* after his twelve o'clock dinner, which adds at least two hours to his day's rest.

HIS DOMESTIC ECONOMY.

His economical method of living does not stop at his food; for the few inches of linen which he wears about his loins when wrestling costs but three annas (3d.); his cap, "dhoti" (a species of petticoat), and jacket of the same material, run away with three rupees (4s.); and the shawl and thick undervest which he adds to his costume in the "cold weather" can be bought in the "bazaar" for from two rupees eight annas (3s. 4d.) to four rupees (5s. 4d.)—according to the market rates. His one room does not rush him into needless expense, since he seldom pays more than two rupees (2s. 8d.) a month for it, and his amusements are practically free. He has no inclination to visit theatres or music halls; the mysteries of ha'penny nap are a sealed book to him; holiday trips never enter his imagination; he is not called upon to give presents or to subscribe to charities; and he neither reads newspapers nor books. Indeed, his sole extravagance is a childish liking for sweetmeats, a truly awful native concoction known as a "gelabe" being his particular fancy. Made of coarse sugar, treacle, and rancid butter, these horrible concoctions appeal to him far more than the delicacies imported by the Calcutta and Bombay confectioners.

A SHOPPING.

When the "pahelwan" goes a-shopping he affords no little amusement to gay subalterns and other irrepressible Englishmen. Having spent some weeks in making up his mind that he needs, say, a new "dhoti," he devotes several mornings to a tour of inspection amongst the native shops. His next move is to dig in the mud floor of his room for the "ghurrah" (earthen pot) in which he keeps his money, and to take out as much as he means to spend. Armed with the sinews of war, he returns to the various shops where he has already sampled the goods, and haggles with the proprietors in the following manner:—

"O, shopkeeper, *salaam!* I want a *dhoti.*"

"Fighting man of great valour, I have the best *dhotis* in the *bazaar.*

"Are they, O shopkeeper, also the cheapest?"

SINUOSITY IS A GREAT FEATURE OF INDIAN WRESTLING; THIS IS HOW IT IS DEVELOPED.

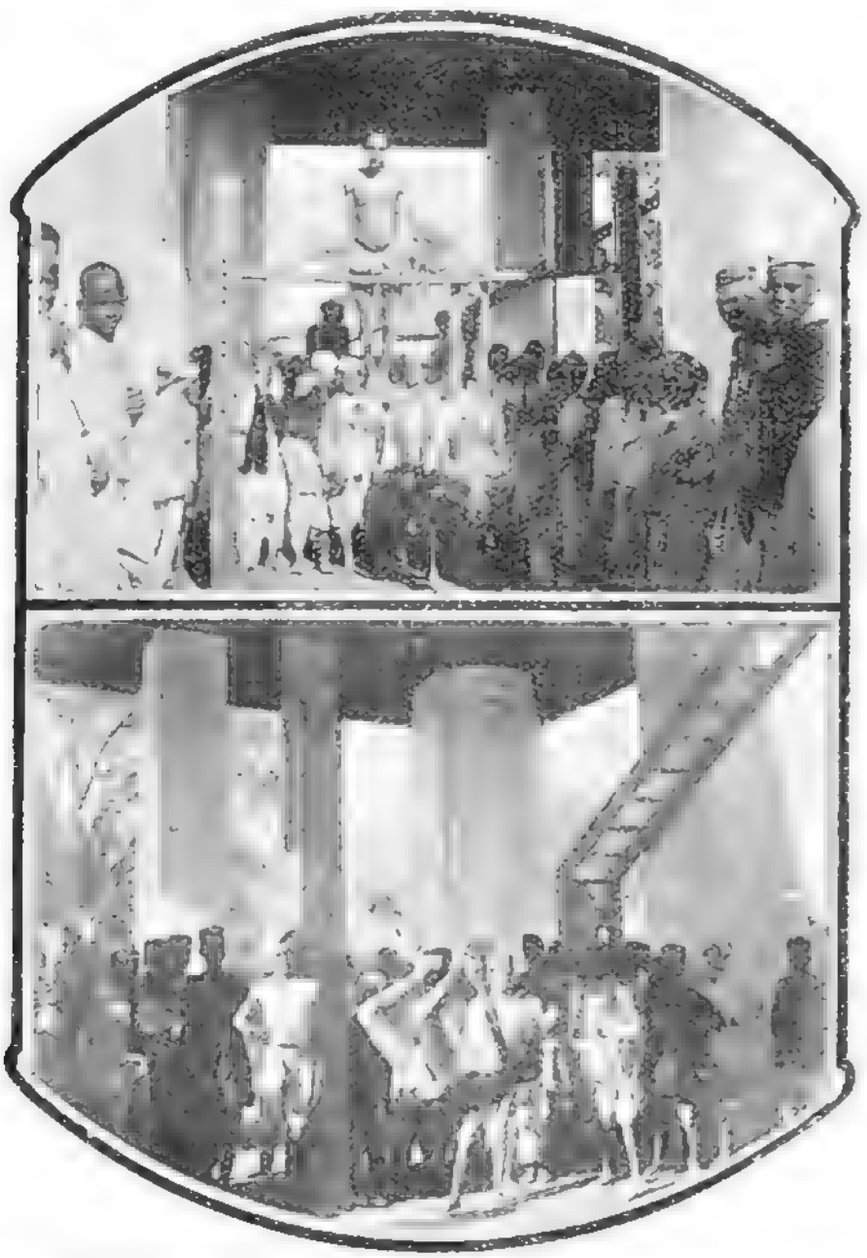
"See, brother, this one is but three rupees, and—

"Three rupees! O, proprietor, the price is absurd! Why, Didar Bux, who keeps the large shop in the next street, gives the finest *dhotis* for two rupees. . . . . I will give one rupee fourteen annas for this inferior *dhoti*."

"Eight annas. . . . . .

"Eight annas. This is, indeed, an insult. Fighting man, I am ashamed to hear you make so mean an offer. . . . Give me two rupees twelve annas, and no one in the place will have so fine a *dhoti* and vest as you."

"Two rupees ten annas."



THE TRAINING OF THE WRESTLERS IS ALWAYS INTERESTING.

"Impossible, O brother. . . . But if I charge you a paltry one rupee fifteen annas, will you also buy a vest?"

"I will oblige you, O shopkeeper, if the price is not more than I want to pay."

"And how much, fighting man, may that be?"

"Two rupees twelve annas"—and so on *ad infinitum* till the goods at last change hands at a price which leaves both parties satisfied, for the shopkeeper was prepared to make a greater sacrifice, and the "Pahelwan" expected to have to pay more!

What is Personal Strength?

By BERIA COCHRAN.

IN relation to the human organism the question, What is strength? may seem to be practically the same as the question, What is life?—the greatest question mankind has to consider. Although the two are not the same, perhaps a complete solution of the former would almost solve the latter question.

All treatment of body or mind, of physical or of moral conditions, every system of medicine or of mental or moral training, or of law, has its profound source in some theory of life. The physician, the educator and the moralist all say of life, "If we knew just what it is, we should know how to treat it." And we may say of strength, that if we knew just what it is, we could direct with better success our efforts toward the production, restoration, protection, and preservation of it.

A short general definition of strength, which seems to be as good as any, is—The power to do and resist. Here appears again the likeness between strength and life; as this definition seems to be as good a definition of life also, as can be given in few and common words—the power to do and resist—although it is broad enough, probably, to include all animal and vegetable life.

My present purpose is to examine this subject principally from the point of view of the physiologist.

People speak of strength and weakness of muscles, of bones, of nerves, and of the stomach. Let us look into the meaning of these expressions.

It seems proper to regard strength of bones as being the same as that of wood or metals. Generally speaking, they are for support, protection, and leverage, uses which are served mainly by hardness and stiffness; although pliableness may be an advantage sometimes. But as to the way in which bones are made and repaired there is no analogy in metals, or in any mineral formation, unless in the bony shells of animals, and the like, for our bones are built through the agency of organic action, the materials being carried and deposited by the little streams of animal fluids, under the control of nerves and brain.

In like manner the muscles are formed, but we see a plain difference in the structure and uses. The bones of the limbs are used as a stick, or a metal rod is used; and they are operated upon by muscles and tendons; but a muscle has its parts so laid together and united that it is pliable, and part moves upon part, fibre upon fibre, and it is penetrated thoroughly by blood vessels and nerves. Bones do not seem to get tired, but muscles do, and the weak muscle gets tired sooner than the strong one. People sometimes say their bones ache, but we may question to what extent that expression is correct. A considerable portion of every bone, and nearly all of the hair and nails is not penetrated by nerves. When toothache occurs, does a bone ache? Does the nerve that reports the trouble in the tooth penetrate the bone? If filing hurts a tooth, the hurt, in a sense, is down where the nerve is, not where the file touches the tooth. Reasoning further along this line, we see that in the same sense all aches and pains are in the nerves and brain, and this is about the same as saying that all feeling is in the nerves and brain.

Here is the point where some people have deviated from the correct reasoning, and have said: "All pain is in the mind. All disease is in the mind. Pain and disease are in the thoughts. 'As a man thinketh, so is he.' Therefore,

health must be preserved or the body healed only through the mind. Disease is mental error. Health is in right thinking. If one is not well he should get rid of the error. He should think himself into the right condition." This train of erroneous reasoning seems to be, in substance, the basis of what some call Christian Science.

When a person is injured, the harm may be of one or two general classes or of both. It may be only an injury that causes no great disturbance of the nervous system; or it may, besides affecting some other part or parts, so shock or depress or wear the nerves as to make them incapable of properly and normally directing the vegetal or the mental powers; or it may be a direct injury to the nerves, affecting other parts only secondarily, by depriving them of healthy nerve force. Now it is true that some morbid conditions are caused by mental error—by erroneous thinking and feeling—and that the best and most rational method of restoring healthy conditions in such cases is to operate primarily and directly upon the mind, and that the correcting of the mind will cure any ailment that is solely a consequence of the wrong mental condition. While these important truths should not be neglected, it is at least equally important to recognise, as all do who are not led away from nature's dictates by erroneous reasoning, the fact that mental operations are, to a great extent (some would say entirely), limited by physical conditions and carried on by means of such conditions. The most rational and successful minds are those that learn these conditions and learn how to conform to those which are favourable or unalterable, and to make, when it is desirable and possible, favourable conditions, not those who stubbornly and blindly try to succeed by ignoring physical conditions.

To say that all disease is in the mind because all pain is in the mind is to ignore the truth that pain is but the sense of something that causes the pain, and also the truth that sometimes serious morbid conditions exist without causing pain, and are discovered, not through pain, but through intelligence acquired otherwise. The sense of sight, of hearing, of touch, and of taste, each sometimes is employed in the discovery, and perhaps all together, in some cases, and without any sense of pain.

I have said that all feeling is in the nerves and brain, but this is not saying that all feeling is in both nerves and brain. We cannot say that the brain is concerned in all feeling unless we can say that some of the vital motions and processes occur without any accompanying or preceding feeling, for we know that many of these motions and processes are ordinarily managed without the help from the brain, when the system is healthy. If feeling is necessary to healthy respiration, digestion, circulation of the fluids, and so forth, then there is much feeling in which the brain has no part, for in a state of health these processes do not require the superintendence of the brain, and leave it free to engage in other and higher activities. The motion that builds and sustains a tree is not attended or connected with feeling. Perhaps the motion of lowest grade in the human organism is like that of the sap of a tree, and the digestion and assimilation of a tree, if we may so speak. And why may we not say that it has pain or pleasure or feeling? And I suppose no one has ever said that a plant has nerves. Such considerations as these help us to understand the complexity and the superiority of the human organism.

Strength of muscles is in some respects like that of bones, there being considerable resistance in their firmness and some degree of leverage also. But their contraction and expansion, their tension and relaxation, are unlike anything pertaining to bones or found in plant life. The leaves of plants seem to show some degree of sensitiveness, and other and firmer parts, also, react against external forces; but there is nothing in them that can be called a self inciting, internal force. Nearly all the motions of, and in, muscles are produced by the internal force of nerves and brain. Strength of muscles must, in some sense, and to a great extent, depend upon strength of nerves. This is an exceedingly important truth which most people do not realise. Personal energy is, in the physical sense, principally nervous energy. But here we

need to discriminate different kinds of muscular strength. Although the action of a muscle is caused by action of nerves, the effectiveness of the force exerted through the muscle is qualified by the size, texture, and condition of the muscle. The nerves may be strong at a time when the muscle is, in one sense, weak; or the muscle may have good size, texture, and condition, while the nerves by which it is operated are temporarily weak; although it cannot be in first-rate condition when the nerves that control nutrition are weak. And sometimes both muscle and nerve are unable to carry out the mandate of a strong will; while, on the other hand, a person of weak mind may have well-formed muscles and a great measure of force in the nerves that nourish, and also in those that operate, the muscles.

In strength of nerves it seems evident that there are some elements that are common to various parts of the system; but at least one of its elements is something that is back of texture and condition, namely, the animating force. The brain and nerves are formed for the generation, storage, and conveyance of vital energy. They are much like a telegraph system, which generates electric force and carries impulses to and from centres or stations. But we cannot say that vital energy is produced in any way in which electrical energy is known to be generted. The materials of which the vital force is made enter the body through the air passages, the food passages, or the skin, or in all these ways. The materials used by man in the generation of electricity are put together in simple ways, but no one understands fully the relations from which the wonderful force springs, or what the force is. And every person generates within himself energy that is hidden in mystery; although we are familiar with many of its manifestations, and understand, to a certain extent, how to supply the materials for its production. And it is not less important to know, as we may in some measure, the ways in which this force is consumed, so that our conduct may tend to the preservation of it. It has not been always understood so well as it is now, that the preservation and reservation of nerve force should be the central consideration of medical science. However good the supply of materials for building and operating the bodily tissues, the materials will not be properly used if the nerve force is destroyed or impaired. Human inventions may aid this power, but none of them can take the place of it. Discoveries have shown the little cells in which this energy is generated, but the process of generation is beyond human understanding.

We are sure that there is chemical action in some of the vital processes, and it has been proven that electricity is generated in the body, but our utmost conception of material refinement does not reach the production and exercise of will power. And as to what constitutes strength of will we are in doubt. Probably some would say it consists in strength of the physical constitution, while others believe it is in some sense superior to nearly all bodily conditions.

In relation to the processes of nutrition the stomach is the organ of supreme importance, and the central organ of the system. In what does its strength consist? The digestion that takes place in the stomach consists of muscular and chemical motions, the object of the muscular action being to aid the dissolvent and chemical action of the fluid that exudes from the coat of the stomach, and to move the food along. However vigorous these muscles may be, the digestion cannot be right without the proper quantity and quality of gastric juice, the production of which requires the action of various organs, some of which are not immediately connected with the stomach. Materials for making blood must be supplied from external sources, the organs that transform these materials must be in working order and the nerves that operate these organs must be sound and properly supplied with vital force. From the understanding of these facts, we may see how it is that a weak stomach, when the weakness is from lack of chemical force, may be aided by special, external, chemical preparation of food, and how such aid may increase the general nutrition and vigour. We may see that when there is a deficiency of muscular action there may be

benefit in inducing motion in the stomach by various means, such as increased breathing, laughter, voluntary exercise of the muscles of the chest and abdomen, the movements of labour, the application of heat and water, massage, and so forth, besides the inferior and often injurious way of swallowing stimulants, and the simple, but important, and much neglected, way of giving the overworked stomach a rest. And such motion may aid the chemical force, as well as the muscular.

We may know, also, that excessive use or waste of blood and nervous energy in other parts deprives the stomach of some of its share of these requisites, and so weakens both muscular and chemical forces. Such waste or excessive use may be from some involuntary excitement, such as arises from wounds or disease, or fright or worry, or heat or cold, or it may be from voluntary exertion or stimulation.

And yet it should not be forgotten that lack of general exertion is often the cause of weakness in the stomach, and in other parts. Sometimes, when vigorous powers of digestion and assimilation furnish plenty of blood and energy, inactivity of the organs that could or should use the blood and energy and excrete the refuse, causes a clogging of the vital currents, and consequent decay of the obstructive materials, and general decrease of strength. In such cases the streams of life choke themselves with their own deposits. In ways that we do not fully understand the supplying of a mental motive through some cheering news or cause of hope, or some pressing necessity, sometimes makes langour give way to animation that quickens the vital currents, dislodges waste matter, and clears and strengthens every organ that is not beyond the possibility of recuperation. If such motives, especially hopefulness, could be sold by measure, they often would be subjects of medical prescriptions. And, by the way, who will tell us whether will power and habitual hopefulness are causes, or effects, of personal strength? The solution of this question would shed light upon subjects of the greatest importance.

But the strength of a human stomach should not be measured by any criterion that is foreign to the proper object of a stomach. Some things are swallowed that even a strong stomach ought to rebel against with all its strength; and often the quantity of food taken is excessive. Considering how much ill-treatment the stomach bears, its endurance is wonderful.

It is to be noticed that human strength is measured in various ways, as it is also shown in various ways. One person may be capable of a greater strain for a short time than another, and yet have less power for continued endurance. One may be able to lift 1,000 pounds, and yet not have sufficient nervous energy to do as much average work as another who cannot lift 500 pounds. One may seem, ordinarily, to be powerful in every sense, and yet be overcome by some shock to the nerves, from fright or some other cause, which could be borne well by another who is not considered strong. One who trembles at the approach of danger or trouble may conduct himself more unflinchingly and with greater efficiency under the greatest danger and trouble than another person who has not seemed to show any signs of fear or weakness.

It is the common belief that a person may be physically strong and mentally weak, or mentally strong and physically weak, or may have a good measure of strength of both mind and body. Putting this belief beside the statement of a great psychologist that "A man who cannot control his body cannot control his mind," and the assertion of a learned physiologist that, "Mentally or morally deficient individuals are invariably lacking in muscular control," we see that there is need of discriminations that are not often made. Who can doubt that a person with a paralysed arm may have as great mental capacity as if he had two arms sound and strong? Can we doubt that some mental powers may be weakened, or even permanently impaired, without any loss of muscular capacity? We may open the way for some proper discriminations by observing that both muscular nad mental powers are sustained by nutrition and such action as maintains assimilation and depuration;

that in some parts there may be a deficiency of nutrition and assimilation, while other parts are normal; that the only processes and powers upon which there is a common dependence of muscle and mind are those which are called vegetative; that there may be a local deficiency of nourishment or circulation when all other parts are normal; and that many mental abilities arise from special cultivation of the mind, and without any fundamental changes or refinements of the vegetative processes; although, generally speaking, physical vigour is in some sense a necessary condition of mental vigour, and the mind is not clear and active when there is general sluggishness in the body. If mental powers were measured by the physical strength, the athletes would be considered the persons of greatest mental ability.

The highest personal power includes moral elevation and refinement, and the term "personal strength" is broad enough to include moral strength, the sources of which seem to be even more obscure than those of physical and mental strength. The greatest moral strength is that which is sufficient to resist the greatest pressure of immorality and maintain the best moral tone. The fact is recognised that there are important relations between physical and moral conditions, but these relations are not regarded as being within the province of physiology. However they may be classified or unclassified, they are important enough to be, and will be, more carefully and scientifically studied than they have been. The only correct view of a personality is that which is broad enough to include all of its qualities and manifestations. The perfection toward which all science should tend is that view which is limited only by the relations of the soul to the universe. The increase of crime is so great that governments and benevolent societies must investigate the causes. The belief has long prevailed that there are external physical and moral causes of crime, and some of these causes have been clearly pointed out. We need the aid of more thorough and scientific study of conscience and moral principles than ever has been. How is it that some people of apparently strong physical and mental powers and good health are morally about as boneless and limp as a clam? How is it that some who are greatly troubled with ill-health and other adversities maintain moral strength and purity that are admirable and inspiring? Where there is a looseness and flabbiness of moral fibre, figuratively speaking, is there no corresponding or causative physical quality? Has the moral hero no physical element or quality that is not possessed by every person? Are not these proper questions for the physiologist, as well as the moralist, to consider?

Eating for the Health.

Watercress is an excellent blood purifier.

Lettuce has a soothing effect on the nerves, and is excellent for sufferers from insomnia.

Tomatoes are good for a torpid liver, but should be avoided by gouty people.

Celery is a nerve tonic; onions also are a tonic for the nerves.

Spinach has great aperient qualities, and is far better than medicine for sufferers from constipation.

Beetroot is fattening, and good for people who want to put on flesh. So are potatoes.

Parsnips possess the same virtues as sarsaparilla.

Apples, carrots and Brazil nuts are excellent for sufferers from constipation.

Carrots are good for those having a tendency to gout.

Asparagus stimulates the kidneys.

Celery contains sulphur, and helps to ward off rheumatism.

Bananas are beneficial to sufferers from chest complaints.

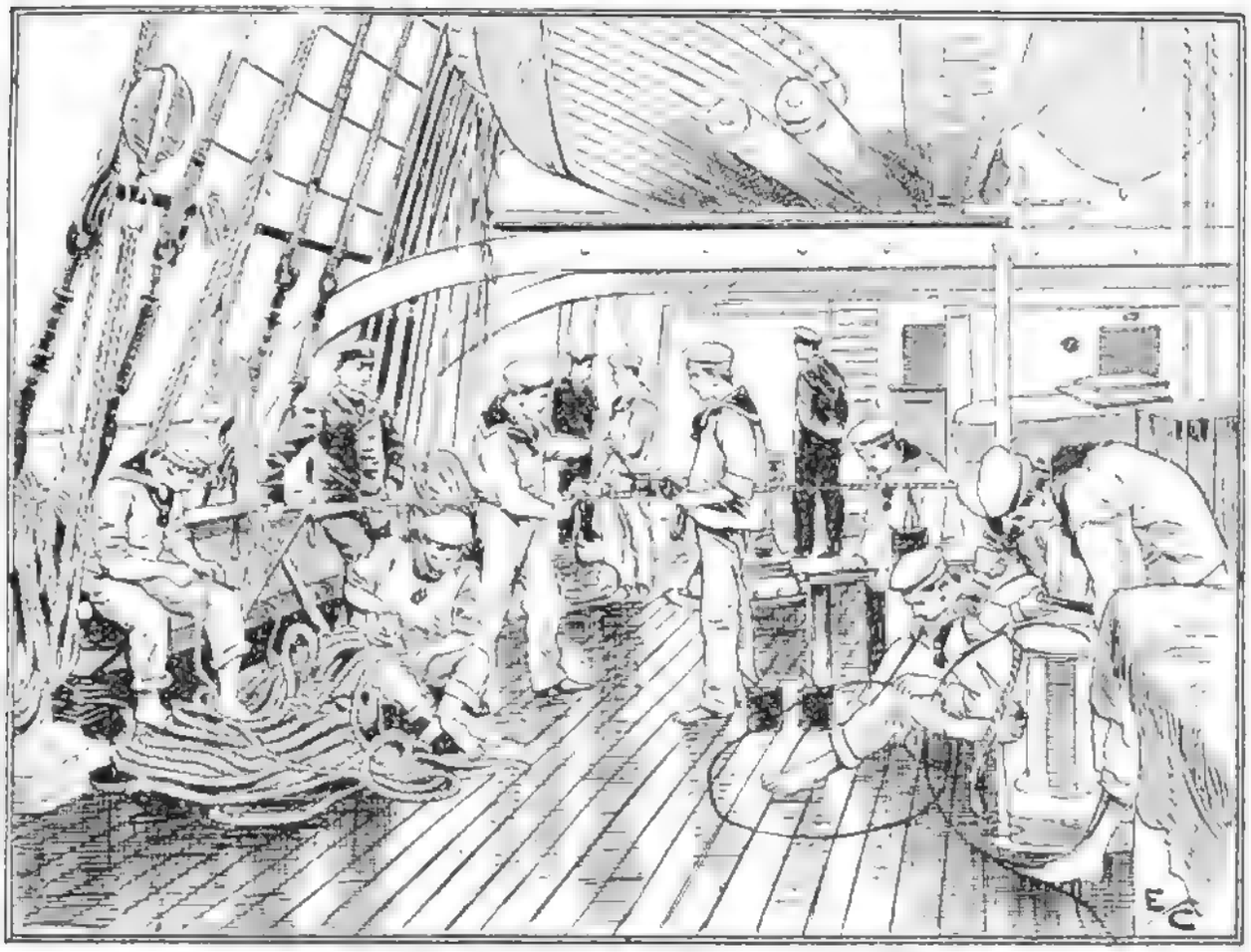
Cranberries are astringent, and correct the liver when it is suffering from inaction caused by overeating.

Dates are exceedingly nourishing, and also prevent constipation.

Honey is a good substitute for cod-liver oil.

The juice of a lemon is excellent as a gargle for sore throat, but should not be swallowed.

THE ABUSE OF BOOKS.—What we set our faces against is, not the use but the abuse of books, an abuse which leads to superficial views of life, neglect of active duties, and a mental apathy only equalled by self-conceit. Self-development embraces the practical as well as the theoretic, and those who overrate the last at the expense of the first run into an extreme, the consequences of which are not easy to calculate.—*Great Thoughts.*



HOW THE GERMANS ARE TRAINING IN SEAMANSHIP.

WORK MAKES MEN.

IF the saying be true that the Englishman takes his pleasures sadly, what must be said of the manner in which he takes his toil. Presumably the vein of his melancholy becomes considerably deepened as he engages in the work which is one of the main conditions of his existence.

Many of those faced with the urgent necessity of labour enter upon their daily task with no buoyancy of spirit, but with a heart that grudges the time spent at so wearisome an occupation as falls to their lot.

To such it would seem to be beating the air with a flail to enter upon any eulogy of work. "It is here with us," they might say, "like a veritable Old Man of the Sea crushing all joy out of our lives; whether to taste or no, we must endure work, and there's an end of it." And certainly there is much silly talk of an irritating kind about the dignity and blessedness of labour from people who have never done an honest day's work in their lives. Still, it can be shown that work has its appointed place in the scheme of the universe, that its necessity springs from certain well-defined laws, and that its mission, further than the mere provision of subsistence, is the manufacture of greatly desirable qualities of character and the schooling of men and women in nobility of life.

It is possible here merely to glance at the scientific aspect of the subject, but we know that every living organism has going on perpetually within it a process which is one of the most essential functions of its life—the incessant wearing away and building up of tissue. And the very creation is based on activity

Evolution has long been an established scientific fact. By his own striving, as it were, man has raised himself from a mere crawling thing to his present physical dignity.

How contrary, then, is the idler to Nature's plan! That model of industry, the bee colony, makes work a condition of existence, and in this great world-hive of ours the drone can hope for little happiness. The baser pleasure of the lotus eater may be his, but the grandeur of achievement, the joy of the workman in his own skilled manipulation, he can never experience.

All know how great a part success plays in the happiness of individuals, and there are many who long for success in differing departments of life—in business, in scholarship, in athletics. But are they prepared to work for it? Are they ready to plunge into the thick of the world's action with keen brain or strong arm as the case may be, and win for themselves the prize they desire?

If not, their dreams of success will never be realised, for in these days of keen competition only the foremost obtain the laurels, and he can only win who strives earnestly. But perhaps the point that most needs emphasis is the necessity for putting our best into whatever work we may have in hand. Truly this age is one of "skimping" and "jerry-building," and it is to be feared that the work turned out now is often far inferior to that of our grandfathers. Perhaps the prominence given by the newspapers to the worthless doings of the "smart set" and the idle rich generally has been responsible for an unhealthy aspiration towards the means of enjoyment among those of the working class who were formerly contented in their somewhat restricted sphere. This has led to two evils. Either work is rushed through in a perfunctory manner in order the speedier to arrive at the evening's "pleasure" or it is slaved at without intermission for the ultimate sweets of retirement.

Let us see to it that we turn out work of which we need not be ashamed, for there is an incomparable contentment in every duty well performed, whether it be ruling an empire or driving a humble clerical pen. The reward is the same for great or small, the satisfaction of having discharged a trust to the best of one's powers.

The words of a great and successful worker, Professor Drummond, may fitly close this short article. "A workshop is not only a place for making machinery, it is a place for making men; not for turning wood, for fitting cylinders, but a place for founding character; it is a place for fitting in the virtues to one's life, for turning out honest, modest-tempered, manly men."

Make a savings-bank of youth, and put into it the best kind of coin for old age—preparation.

No man is so miserable as he who has nothing to do. No one is so happy as he who is so absorbed in his life work that he never questions whether or not he is happy.

For every weakness you give way to, you pay on an instalment plan that never ends; for every battle won, you become creditor, and receive life-payment by the same method.

The man who succeeds is generally he who stuck doggedly and persistently to his own line of work, baffled by no discouragements, changed from his course by no allurements; it will usually be found that the man who goes down to old age a failure, changed about from firm to firm, and from one line to another. Find your life-line and then hang to it.

There are no non-essentials. Every act, however seemingly trivial, that has a disagreeable effect on others, is reflex, and turns back to injure the actor. It is absolutely essential to your advancement that your shoes be polished, your nails manicured, your clothes brushed, your linen fresh. It is essential that you walk with a brisk step, that you speak good English, and that your table manners be those of a gentleman. Many people are held back, always, because they stubbornly refuse to recognise as essentials the smaller niceties of life.

Football Dangers.

Pernicious Effect of the Game on Growing Lads.

By A PHYSICIAN (in the *Daily Chronicle*).

THE Blantyre School Board have displayed the courage of their convictions as to the harm likely to accrue to those of their scholars who play football, by withdrawing the game from schools under their control. Medical men, who have given the subject special attention, cannot but support the action of the Board, since experience has shown, and shows every day, that young people who go in much for football tend to become unduly stout when they relinquish the game, and are prone to die prematurely from some affection of the heart or of the systemic circulation.

There is no question that football, owing to the concentrated stress and strain it involves on the part of the heart, great vessels, lungs, muscles, and other organs, is a game especially unsuitable for those whose bodily structures are undergoing the rapid evolution implied in growth and development. It is obvious that to throw an extraordinary amount of work, or strain, as we may call it, on an immature organ, must tend to retard and imperil its natural mode of development, a condition of things that cannot but eventuate in disease, either of an organic or a functional character—if, indeed, there be any fundamental difference between the two. And in actual practice this is found to be the case. Circulatory troubles, temporary or permanent affections of the heart and lungs, must and do accrue from the continuous, and even from the intermittent, strain put upon the organs involved.

LOSS OF ELASTICITY.

Common results of this overstrain, occasioned by football as played by the young, are cardiac dilatation, hypertrophy of the left ventricle, and, perhaps, some degree of valvular incompetence, which is certainly very marked in adults, particularly in the aortic valves. It is this latter valvular defect which is probably the commonest cause of those sudden deaths described as due to heart-failure. Another form of disease resulting from overstrain of the circulatory apparatus in general, continued from youth onwards, is that of which the main feature is a gradual loss of elasticity in the walls of the blood-vessels throughout the entire body, with a corresponding increase of brittleness. This loss of elasticity naturally interferes with the normal circulation of the blood, rendering its due propulsion a greater burden to the already weakened heart, so that it may, and does, too frequently happen that the supply of blood to some particular area, tissue, or organ of the body is seriously diminished, or that it may be, arrested, with the most dire results. Moreover, these brittle vessels are very liable to give way, as a brittle hosepipe may do, under a sudden extra strain, producing hæmorrhages in their immediate neighbourhood.

Whilst some of these serious consequences are seen, chiefly, if not entirely, in older players, there can be little doubt that they have their beginnings in youth, and result from the abnormal development of immature organs or tissues under the influence of undue strain. Those games, other than football, generally played at school, are by no means open to the same objections, as they do not involve the stress and strain, the spasmodic and irregular muscular and pulmonary effort, combined often with great mental excitement, of football.

NOT SUITED TO THE IMMATURE.

Another point often lost sight of in discussing the propriety of football as a game suitable for the immature (or, indeed, for anybody) is its effect in promoting the development of tuberculous

disease of the lung in those who are predisposed to it. It is a physiological law that undue use of an organ, being an abuse of that organ, tends to light up in it any latent disease, besides also having the effect of causing it to waste (atrophy). During a game of football there is a considerable strain thrown on the lungs, owing to the comparatively enormous increase in the rate of respiration involved in supplying sufficient oxygen for the increased needs of the system, and eliminating the greatly augmented output of poisonous waste matters and watery vapour. Frequent repetition of this pulmonary strain must tell injuriously on the lungs in the long run.

In the matter of games or exercises suitable for the growing organism, Nature offers the most reliable guide. The young of no animals indulge in play in any way analagous to the violent muscular movements, contortions, and gyrations involved in the game under consideration, and yet they attain a development which is perfectly normal, and when grown possess a frame capable of putting forth, when called upon, the highest possible degree of physical energy. Breeders know perfectly well that to put immature animals to unsuitable muscular work is the most certain method of permanently injuring their future usefulness. And, after all, boys, even the best of them, are only young animals.

[I have referred to this article in "Notes from My Note-book."—EUGEN SANDOW.]

INTELLIGENT INTEREST IN HEALTH QUESTIONS.—Nowadays people take an intelligent interest in health questions. Disheartening indifference has vanished, ignorant prejudice is waning. SIR JAMES CRICHTON BROWNE (at the Sanitary Inspector's Conference).

WOMEN SHOULD WORK.—It is not toil, effort, energy, which disintegrates an individual or a nation; it is idleness, inertia, and a desire to allow the willing few to assume the burden of personal support for the many. The spectacle of one hard-pressed male called upon to [illegible] clothe, and decorate half a dozen able-bodied females, "his sisters and his cousins and his aunts," is one the modern world finds degrading to both parties in the uneven contest. ELIZABETH CARTWRIGHT in the *North American Review*.

Life an Obstacle Race.

You know a man, don't you, who is always talking about what he could have made of life had he only passed his boyhood on a farm; or had a good education; or of a strong constitution; or a different kind of a home; or a chance in the city. And he has never done much of anything else but just talk of his disadvantages. Such a man amounts to all he would ever have been under any circumstances.

The test of manhood is the conquered obstacles, and he who points to the obstacles in his way and proclaims them as having been more powerful than he, able to hold him back, merely advertises the weakness which his failure indicates.

Every individual has his own set of obstacles to overcome before he can attain anything worthy an effort. The big part of the battle of life is the overcoming. The goal is but the incentive.

There is one murderer to be sincerely pitied—the time-killer.

Mix with people and develop the conversational art: many things are cleared up in your own mind by out-spoken expression.

Whatever you may accept from others, accept only the best for yourself. Set your standards by your inborn ideals, not by another's weak acts.

Whatever worthy thing a fellow man is trying to do, buoy him up with cheerful interest in his undertaking. Keep disparagement for the drones.

SUCCESS AND FAILURE.—I suppose that failure is more familiar than success to all of us. We work away. Four things fail. The fifth thing succeeds. The hardest workers have the most failures, but then they have the most successes too.—GEORGE ADE in *Success*.

WORK AND HAPPINESS.—It's been my experience that you've got to have leisure to be unhappy. Half the troubles in this world are imaginary, and it takes time to think them up. But it's these oftener than the real troubles that break a young husband's back or a young wife's heart. A few men and more women can be happy idle when they're single; but once you marry them to each other, they've got to find work, or they'll find trouble."—"Letters of a Self-Made Merchant to his Son" in *Pearson's Magazine*.

The Athletics and Sports of the United States Presidents.

* * *

IT is a curious—and yet un-curious fact that so many Presidents of the United States have been athletes and sportsmen; uncurious, because, in the strenuous, younger life of the great American Republic, there has been a greater demand for, and supply of, a manly type of man, just as in the more strenuous times of our own history we have been ruled by such lion-hearted men as Alfred the Great, William the Conqueror, Richard Cœur de Lion.

The present President is a close rival of our own King and the Emperor William as a world-figure. In fact, he has given currency to the now common expression—"the strenuous life."

The strenuous life with the United States Presidents began with George Washington, who was one of the best all-round sportsmen of his day, and who, even as commander-in-chief and as President, exercised at running high jumps over a rope—wherein he seems to have outdone even the strenuous one of the White House to-day. The "Father of his Country" dashing to the take-off, then leaping high in the air and landing on the other side of the rope, may present a strange picture to those who always have imagined him as a grave and reverent statesman. Nevertheless, the startling picture is correct.

It so happens that the immediate predecessors of the present President—McKinley, Cleveland, and Harrison—were not especially given to physical exercise, wherefore his devotion to it seems unusual enough to be startling. But earlier in the history of the country it would not have been so exceptional. Most of the Presidents have come from comparatively small communities, like southern plantations, lonely western farms or villages, and minor towns or cities, where, by reason of their very environments, they grow up outdoors.

WASHINGTON AND THE "STRENUOUS LIFE."

Washington was a keen athlete. If living to-day, he doubtless would be captain of his college football eleven, sliding bases on the baseball diamond or pulling stroke in the 'varsity eight. With him physical culture, though the term then was unknown, kept up with mental development. No baseball was played in his day, but as a long-distance stone thrower across the Rappahannock he had few, if any, rivals. He also was good at throwing the heavy bar, which, probably, was the equivalent of our hammer. Nor did he allow advancing maturity to interfere with his athletic sports. C. W. Peale, when painting his portrait at Mt. Vernon, stood by when he outdistanced several much younger men at throwing the bar.

He also was a swift runner. The running high jump, however, was one of his favourite means of keeping in prime physical trim. His method of indulging in it was somewhat curious. Two posts with peg holes and a cross-bar not always being handy, he tied one end of a rope about breast high to a tree and had a negro boy servant hold it taut at the other. It may be taken for granted, however, that Sambo, or whatever his name was, "favoured" the President a little, and "dipped" at the critical moment.

As a horseman, Washington was noted. From his boyhood he had ridden to hounds. As a lad he rode, at Lord Fairfax's invitation, to the latter's pack, and later he had a pack of his own. The cherry-tree story is set down by many as apocryphal, but the following is vouched for: His mother had a span of superb greys for driving. They never had been broken to saddle. Some of Washington's boy friends suggested that it would be great sport to ride these

horses, on whose back no one ever had sat. But when the span was led out every one but Washington quailed before their spirited action. He quickly threw himself upon the back of one of them. The high-mettled animal straightway tried every means known to a horse for throwing a rider, and then bolted at furious speed for the open. But young Washington stayed on until the animal fell exhausted beneath him. Then the boy went straight to his mother and confessed, and was pardoned for his bravery and his truthfulness combined.

His pack of fox-hounds was so noted that the names of some of the pack have come down to this day. Among them were Vulcan, Ringwood, Singer, and Music. He usually rode Blueskin, so named from his dark iron-grey coat. Chinkling, Ajax, Valiant, and Magnolia were other favourite mounts. His costumes for fox hunting always were made by leading London tailors. He wore a coat of fine blue cloth, a scarlet waistcoat, buckskin breeches, and a velvet cap. In everything pertaining to riding and driving, his orders to his London agent show that he wanted only the very best quality.

As President he maintained a fine stable, among the string being six famous white horses for drawing the state chariot. His adopted son, G. W. Parke Curtis, is authority for the statement that the night before these horses were to be used they were covered with a paste composed largely of whiting, then swathed in cloths and left to sleep on sweet, clean straw. In the morning, when the cloths were removed, the paste had hardened, and was rubbed in and curried until the coats of the horses had taken on a fine gloss. Their appearance in front of the chariot, with outriders, was superb.

JEFFERSON AT COLLEGE.

When Thomas Jefferson was at college he kept horses. When his groom brought him up a mount for the morning ride he would pass his handkerchief over the horse's coat, and if a speck of dirt appeared on the handkerchief, back went the horse to be groomed over again.

Jefferson was a scholar, and his classical tastes were shown in the names of some of his horses—Caractacus, Arcturus, Tarquin, and Celor. Yet he was far from scorning his native tongue, and his favourite saddle horse was Eagle. Part of the "Jefferson simplicity," so often alluded to, was his action in riding to the Capitol for his inauguration and tethering his horse outside the building, instead of driving up in state. The horse which he rode on that occasion was named Wildair. The nearest approach to "Jefferson's simplicity" that could be made in these days would be for a new President to arrive at the Capitol in a motor-car, and let the motor rumble on while he took the oath of office.

Often, while President, Jefferson took an early morning canter, but his usual hours for exercise were from one to three in the afternoon. In order to show his distaste for ceremony, he discontinued the levees which had been held at the White House under his predecessors. So chagrined were the ladies at the capital at the discontinuance of these social functions, that they took concerted action, and one afternoon presented themselves in a body at the White House, and asked for the president. When informed that he was out, they decided to await his return.

After about an hour he came in, and, learning of their presence, promptly entered the state parlour, though he still was booted and spurred and dusty from his ride. Nevertheless, he entertained them in so off-hand and delightful a fashion that they forgot their protest and left, feeling rather ashamed at having gone to the White House with a view to forcing certain social observations upon its occupant.

JOHN QUINCY ADAMS AND JACKSON.

John Quincy Adams not only was fond of attending the races, but actually ran one of his horses, though in the name of his private secretary. The horse was beaten by Stockton's Langford, much to the discomfiture of the President's friends, who had backed his entry heavily, it having been reported that Stockton's horse had run lame during the morning.

Andrew Jackson was, however, the sportiest of all the Presidents. He carried

his passion so far as to breed game cocks and fight them with as much zest as the Cubans and the Filipinos. He once had the ownership of 670 acres dependent upon one of his game cocks, and won. He was a horse racer and breeder, and it was he who brought the famous Truxton, whose strain still runs through many Tennessee horses, into that state. During his term as president, he pardoned a mail robber named Wilson, because, some years before, on one of the Tennessee race tracks, Wilson had tipped him the fact that a jockey had been bribed to pull a horse which Jackson had intended to back.

When Lincoln was President, his wife looked after the engagement of coachmen and the running expenses of the stable. The weight on Lincoln's mind was too great for him to be able to attend to anything but public matters. Once a coachman named Burke absented himself without leave, and, though it was but for a few hours, Mrs. Lincoln chanced to need him, and, his absence having thus been discovered, he was dismissed. "Tad" Lincoln, however, had been accustomed to playing about the stables, and he had taken a great liking to Burke. When the latter was dismissed, the boy promptly got a note from the President to the secretary of the treasury, asking him to have Burke appointed to some minor position, and, thus armed, "Tad" marched over to the treasury department and secured the appointment of the former coachman.

GRANT'S RACE WITH A BUTCHER BOY.

How Grant's favourite horse came to be named Butcher Boy is a capital illustration of the great soldier's simplicity. When he rode, he generally sat astride his famous Cincinnatus. But, having been so much in the saddle during his campaigns, his fondness for horseflesh took rather a turn toward driving, and he often could be seen with a fast horse, but a most unpretentious rig. One day he saw, slightly ahead of him, a butcher boy driving a fine-looking horse to a butcher's cart.

Wanting a closer look at the horse, the President started to overtake the cart. But the boy, little knowing who was in the commonplace rig behind him, whipped up his horse, and, speed his animal as he might, Grant was unable to overtake the cart. However, he made note of the butcher's name, and a few days later, through a friend, bought the horse which, from his first experience with it, he named "Butcher Boy."

There were other Presidents besides those named, who were devoted to outdoor life; but enough has been said to prove the contention that "strenuous life" at the White House began with Washington, and has continued, although with some interruptions, down to the present day.

SINCE history began there has been no time in which brute force, undirected by brains, was of much account; in these days brute force amounts to very little indeed because every discovery of science has increased the power of the intelligent brain and decreased the power of the brain that cannot or will not think.—*Saturday Evening Post.*

A MAN with a prize dog will take immense pains to learn how to feed the animal and keep it in health, but will take no pains to see that his baby is properly fed and clothed, or how to keep himself healthy.—DR. NAYLOR BARROW.

CRAVEN POLITICIANS.—In most matters of social, political, and moral progress, the great difficulty is to obtain an upright, downright, honest and impartial opinion from any leading public man. The nation may be drifting devilwards, but statesmen are judged to be more statesmenlike if they hold their tongues and watch it go. They must not speak the truth. It would offend so many people. It would upset so many interests.—MARIE CORELLI in the *Bystander*.

SPEAKING broadly, people do not drink because they are poor. They are poor because they drink, or because those with whom they are connected have drunk and do drink. There is the most drinking and drunkenness when trade is good. It is far more prevalent in wealthy manufacturing and mining districts than in poor agricultural ones.—T. P. WHITTAKER, M.P.

HOBBIES AND CHILDREN.—What will not a man sometimes spend on his orchid house, and what amount of time and attention will he not give to one or other of these subjects (all estimable in their way), and yet if asked if he had noticed some failing or imperfection in his child, he would be amazed by the question, or doubtless answer that he was far too busy a man to go into that sort of thing. Indeed, I believe there are lots of men—aye, and women, too, more's the pity—who think far more of their dogs and horses than they do of their children.—HON. MRS. ERSKINE in the *Boudoir*.

Sandow Magazine Readers' Club.

President - - EUGEN SANDOW.

Motto:—One may Help Many.

For the exchange of ideas, personal experiences and photos for the encouragement of Club Members. Every Reader is a Club Member.

Readers are expected to act up to the Club Motto, and for services rendered the President will award to the sender of every published idea, experience or photo, the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club.

Once a month the names of newly-admitted Fellows will be published under the head of "The Fellowship Roll."

Those already qualified as Fellows and who send further contributions will have attached to their names figures denoting the number of occasions on which they have assisted the Club, thus:—Alfred James (*5), Birmingham (meaning that this is Mr. James' fifth occasion of assisting the Club).

TO THE EDITOR, "SANDOW'S MAGAZINE."

DEAR MR. SANDOW,—The accompanying photographs were taken a short while ago, and forwarded to me to transmit to you. I think the measurements are very creditable, and speak volumes for your system of training.

My brother was very weak and thin three years ago. I induced him to go in for a systematic course of training privately with me, with the following satisfactory results.

HARRY HATCH.

Venonsus Street, Brooks Bar,
Manchester.

FRANK HATCH (Wellington, New Zealand).
Age 18 years 11 months.

Neck	15½ inches		Waist ..	27½ inches	
Chest	32½	"	Hips ..	32	"
" (Expand.)	40	"	Thigh ..	21½	"
Upper arm ..	12	"	Calf ..	14½	"
Forearm ..	11	"			

Measured by N. Gordon.

DEAR SIR,—I have opened a club for weight-lifting, wrestling and physical development at the address below, and if any of your readers would like to join same, they can do so by applying personally or by letter. The club nights are Monday, Wednesday and Friday evenings, 7.30 to 10 p.m., and the sub. is 2s. per month, or 5s. per quarter.

F. RIBENAC.

Partick Physical Culture Club,
110 Westercommon, Partick.
November 20th.

The Result of a Year's Work.

DEAR SIR,—I have much pleasure in enclosing a copy of my measurements, taken at the end of last month (October). I have been carrying out your exercises privately at my own home.

I had wished to go to an instructor here, but found out that he holds his class only twice a week. Also, I find it is ever so much more convenient to carry out exercise at home.

It was only the other day that I was reading a book at the library, in which I saw the photograph of a boy who had gone in for your "Sandow" system, so I thought you would perhaps also publish my measurements if I sent them to you.—Yours very sincerely, A. K. J. JARVIS.

	Before Training. Date 1st Nov., 1904.	After one year's Training. Date 1st Nov., 1905.
Age	16½	17½
Weight	8 stone 2 lbs.	9 stone 6 lbs.
Height	5 feet 1 inch	5 feet 6 inches
Neck	12½ inches	14 inches
Chest	30 "	35 "
Chest Expand. ..	31 "	38 "
Waist	28 "	29 "
Hips	30 "	32¾ "
Thigh	18 "	20½ "
Knee	13½ "	14 "
Calf	12½ "	14 "
Ankle	8 "	9 "
Upper arm ..	9½ "	11½ "
Forearm	9 "	10½ "
Wrist	6 "	7 "

An Inspiring Experience.

SIR,—Having read Mr. W. H. Kenyon's letter, which earned for him the first Fellowship Medal (on which I heartily congratulate him), I feel encouraged to make a good effort to gain one myself, especially as my case is something similar to his own, only with this exception—I think I have gone one better: I am a pupil of Mr. Sandow's and am taking a course of instruction by post. It is sixteen months since I began (at the age of 38), and I am now in my second year's course.

I, too, like Mr. Kenyon, took up the course for health's sake. I suffered from indigestion, rheumatism, and loss of vigour, and, like "Loss of Vigour," Newcastle, under "Hints from Sandow" in this week's magazine, I almost wished I were dead.

However, here I am in the best of health, feeling 20 years younger, and free from those complaints to which I was a victim—and all in sixteen months. It is really wonderful, and I bless the day I corresponded with Mr. Sandow. It is a splendid thing to be able to say I feel

in perfect health. Is it to be wondered at that I am enthusiastic?

I, like Mr. Kenyon, feel there is not a more enthusiastic disciple of Mr. Sandow living than me. There are quite a number of friends who have purchased the Sandow Developer and Grip Dumb-bells through my recommendation, and also by seeing me so active and healthy.

On Wednesday last I went across country, a distance of 5½ miles, carrying a bag of tools weighing 11 lb., through fields covered with snow and rain to catch a train. I did the distance (go-as-you-please style) in 53 minutes. The village clergyman at whose house I had been on business was emphatic that I could not do the distance in time. I did not feel at all over-exerted, but, on the contrary, enjoyed the experience.

I have no photo.'s to send, but I hope shortly to have some taken, and as I intend to compete for the Gold Medal given by Mr. Sandow for best development, they will probably be acceptable then. Though, of course, I cannot expect to be thoroughly developed in so short a time.

Let me act up to the "motto," always by advising those who are in search of good health to give up all drug taking and place themselves under Mr. Sandow's care, and I can assure them that in a very short time they will feel a welcome change in their feelings, and, like myself and hundreds of others (I might say thousands), they will feel grateful for what Mr. Sandow has done for them, and will wish that the great physical work that he has been so energetically pursuing for so many years will reach the high standard he wishes it to, and to be taken up as a National question.—Yours truly,

J. RHODES.

Newgate Street, Bishop Auckland,
December 2nd, 1905.

DEAR SIR,—My reason for taking up Physical Culture was that I saw you at one of your performances, and I wished to become as much like you as possible. I used a pair of ordinary dumb-bells at first, and then obtained one of your developers. I have also used your grip dumb-bells. I practise regularly for a quarter of an hour in the morning, and the same time in the evening, and have never had a day's illness since taking up Physical Culture.

I might add that I consider that will-power is a very great feature in self-development, not only of the muscles, but of the brain as well.

As regards diet, I do not advocate any special course. I believe that if a man strengthens himself all round he is able to eat practically anything, and benefit therefrom. A man who has developed himself possesses a healthy appetite. Following are my measurements:—

MORTIMER D. DUDMAN (London).

AGE, 19.

Weight,	7 stone 6 inches	Thigh	18½ inches
Height	5 feet 4 ,,	Calf	13½ ,,
Neck	14½ ,,	Upper arm, right	13½ ,,
Chest	32½ ,,	,, left...	13 ,,
,, Expan. ...	37 ,,	Forearm	11½ ,,
Waist	27 ,,	Wrist	6½ ,,

London. MORTIMER D. DUDMAN.

1.—On the way to the Roman Catholic Convent, Bhiff Yokohama.
2.—A wayside Military Station.
3.—Guarding the Convent.
4.—Mounted Soldiers on the Bhiff Road.

(Photos taken during the recent Japanese riots).

On and Off the Wrestling Mat.

By "LANCASTER."

JIU-JITSU FOR WOMEN.

A LITTLE time ago, in America, a hostess created a sensation—always a social triumph in the States—by a surprise party. The guests, on arriving, were shown to dressing-rooms, where waiting-maids persuaded them to change their smart apparel for a curious loose costume, consisting of white linen knickerbockers and jackets, with loose white linen wrappings for their feet. Later they descended to a large hall, on which thick mats were laid—as if a soft mattress had been spread all over the floor. First there was a demonstration of jiu-jitsu by two little Japanese ladies, and then there were lessons for everyone. The idea was accepted with delight, and soon the Japanese national game—pronounced by them without sounding the final vowel—became the fashionable exercise with smart women.

It is now introduced into our own country in more prosaic fashion, and promises to create an interest little less than that in America, and possibly more abiding. At first sight the game appears more wonderful than attractive. Charming it would doubtless be to possess the knack of throwing a powerful opponent almost as if he were a bag of thistledown. Thwack, smack, bump, flop on the mattress, however, demonstrates that he is no such thing, and as the falls are not all on one side, a spectator may be pardoned for thinking tenderly of her bones. A larger knowledge, however, leads to the fact that bones are quite safe. The first thing taught is how to take a fall; the mind is kept always in attendance on the body in jiu-jitsu, and falls are taken on the fleshy pads. In this way, even when they occur on a hard pavement, a bruise is the worst result; when on the mattress there is no result at all. The girl who knows jiu-jitsu throws and is thrown as if she were made of india-rubber. The skilled demonstrators move with almost lightning rapidity, except when showing some special part of the game. The whole idea of it is quickness and knack. Physical strength has no part in it; the greatest difficulty with pupils is to train them to refrain from using any. To the uninitiated it is marvellous to note that a girl, slight and lissom, can throw a large man over her shoulder and across her hips with perfect ease, and with the grace inseparable from power. It is clearly demonstrated that to put out strength is to give a skilled jiu-jitsu adversary an advantage at once seized to procure a throw. The body must be kept limber and supple.

Herein lies the value of the game as an exercise. Every muscle and joint is freely exercised without force. The power of a skilled player over one unversed in jiu-jitsu tactics is the triumph of brain-guided knack over brute force. If two players have almost equal skill, the result is a contest full of fun and excitement. A whirl of fast-moving limbs, eyes ever fixed on agile feet. Suddenly one is off balance, quick as thought the other sees it, and, with one touch of the foot, gives a throw that the strength of a giant could not accomplish so neatly. As before stated, it looks rough, an impression added to by the noise of falls. That it is not so really is proved by the perfect composure of the players, if not by their evident enjoyment.

Besides the art of throwing, the game consists in a series of locks, the use of which compels an adversary to surrender. These are accomplished by strain on a joint or pressure on a nerve, which soon becomes unbearable. In the game no attempt is ever made to give pain. If used for defence, the locked adversary would either have to give in or have arm or leg broken; pressure on a nerve would reduce him simply by being so excruciatingly painful that loss of consciousness

must result. How far women pupils advance in this scientific game depends upon their taste for it; it is said to be most fascinating. An opportunity is about to be offered to the students at Girton, Newnham, St. Margaret's Hall, and, doubtless, other well-known centres of high education for girls, to learn this game, in which agility of mind, wedded to quickness of limb, renders the body practically unconquerable. It possesses the advantage, for busy women, that a large amount of exercise, of a strenuous kind, can be secured in very little time, or the exercise can be less strenuous and more lengthened. In bad weather it can be enjoyed in small space with windows open. It keeps the body limber and soft, every nerve healthy, every muscle pliable, and should induce a natural and easy carriage. The art has been developed in Japan throughout 500 years. It plays much the same part in Japanese school and university life that cricket, rowing, football, and racquets do here, and forms part of the education of Japanese women. It is said to prevent a growth too great for proportion and for health. Whether this will appeal to English girls, proud of their height, is questionable. If, however, they understand aright that it refers only to lanky, weedy height, no doubt this aspect of so fascinating a game will also seem good to them. London is fully equipped with a school and instructors; a specially skilful English girl is ready to instruct her compatriots. It is said that the oldest pupil is seventy and the youngest seven. It is also naively stated that, after forty, one must expect to learn more slowly than at twenty-five.—*Daily Telegraph.*

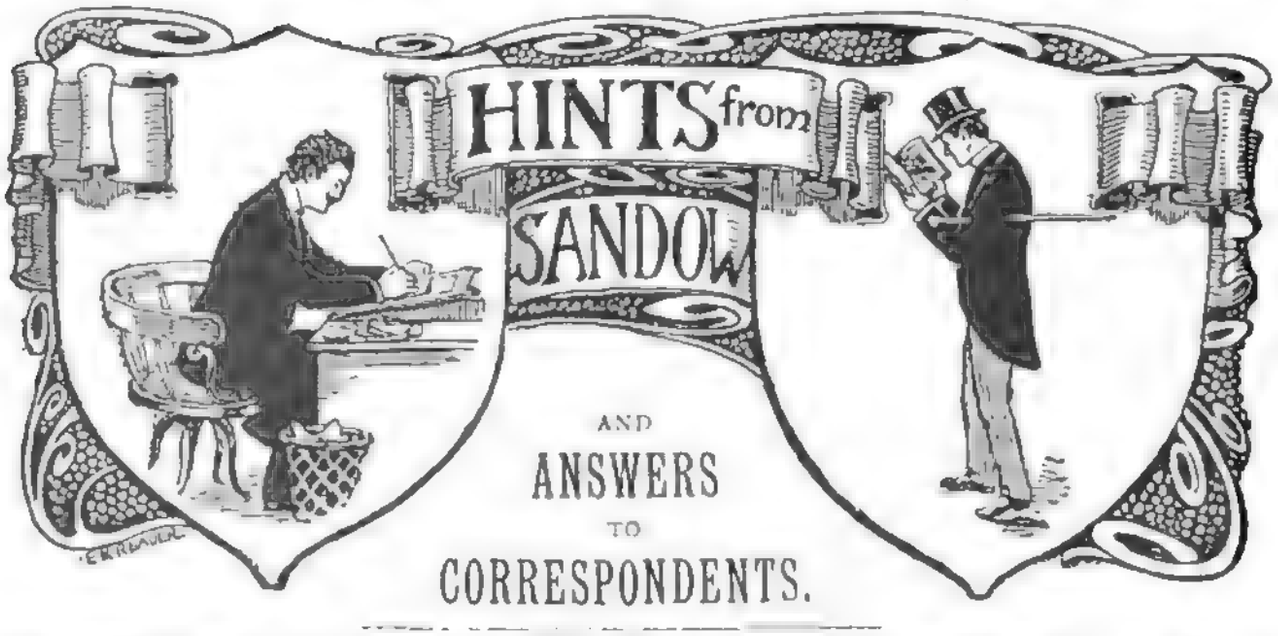
A Jiu-Jitsu Incident at Paris.

Jiu-jitsu is the craze of the hour in Paris, and the world of *le sport* talks of nothing else. Men about town take lessons and practise disarticulating each other's arms at home of a morning. At night, between the acts, the wrinkles of jiu-jitsu are discussed more than the play, and music halls, where Japanese wrestling shows are given, are crammed with fashionable people. How far these displays are *bona-fide* is a question into which it is best not to enter. Higashi, who appears every evening at Bostock's circus, and throws three plump Frenchmen nightly, calls himself champion of the world, professor of jiu-jitsu to the Mikado and President Roosevelt, etc. He lately issued, through the Press, a challenge to all jiu-jitsuists of the world.

One night there arrived on the scene, unannounced, from London, where he keeps a school of wrestling, Mr. Yukio Tani, bent on "smashing" Higashi, whom he asserts to be unknown in Japan. The circus management evidently had no inkling of Tani's arrival. Higashi appears on the stage in white, with black leather leggings. An usher in evening dress announced the turn, but no sooner finished than the London "Jap." slips round from the stalls to the side of the stage, jumps on, and in a twinkling has removed overcoat, black jacket, trousers, and boots, and stands in white, with naked legs and feet, waiting. The usher and Higashi look the picture of astonishment. Half-a-dozen men try to address the spectators at once and explain the situation. The house howls for Tani *versus* Higashi, the band plays to drown the brawls, managers shout inaudibly, and Tani settles squatting on the carpet, waiting. At intervals the lions roar in the menagerie behind, where attendants prod them every now and then to keep them lively. The *Monde du Sport* in the house calls "Hurrah for Tani!" "Higashi is only a Russian!" and goes on clamouring for a fight. But they did not get it, Higashi and Bostock himself resolutely refusing the match for that evening. The argument went on till one o'clock in the morning, when it was understood that the encounter would be arranged for another occasion. The more jiu-jitsu the merrier for Parisians at present.

It has been arranged that Hackenschmidt shall meet Madrali again at Olympia, London, December 29th.

SCHOOL PLAYGROUNDS FOR TENNIS.—The Southgate education magnates are favourably considering whether they shall allow winter tennis to be played in the school playgrounds in the district on Saturday afternoons.



ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

All communications relating to instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

LINKATE (MANCHESTER) wants a cure for mouth breathing.

Answer.—Mouth breathing may be due to one or more of several causes. From what you tell me of your case, I think you are suffering from post-nasal catarrh or some growth in the nose. If the former, a few weeks of careful hygienic living will relieve you. If the latter, an operation may be necessary. It is possible, however, that you have contracted the habit of mouth breathing, in which case you must correct it by training yourself to breathe properly. If you sleep on the back, the lower jaw is very apt to drop. You might use a light band, passing beneath chin and over top of head. You will achieve better results, however, by conscious effort, or will-power, during the time you are not asleep.

BAD HABITS (ALTRINCHAM) desires to know how to cure a habit that is ruining his health and strength. He feels completely enslaved.

Answer.—A course of Physical Culture would free you by reforming the conditions which give rise to your morbid feelings. It would quickly build up a healthier body and mind, the enfeebled parts would be restored to proper strength, the structures of the body made capable of better powers of absorption and assimilation, the circulation is influenced, and an energetic mental action is sustained by the continual supply of healthy blood to the brain.

A. K. J., SPEEDY, CAMBRIDGE.

Please send me your full postal address, my letter having been returned.

SANDOWITE (GLASGOW) says he has much pleasure in stating the benefit he has gained after a few months' exercise, but unfortunately is slightly knock-kneed, which, although hardly noticed when dressed, completely spoils his appearance when stripped. Can I suggest a cure?

Answer.—Leg exercises, by strengthening the leg muscles, will at the same time secure their equal and harmonious development, and the consequent improvement of your legs.

LIEUTENANT (PORTSMOUTH) asks for a list of useful Physical Culture books.

Answer.—I am arranging to considerably extend the list of books advertised from the Publishing Department of this magazine, and also to regularly review new works. Please refer to advt. pages of this issue and future numbers.

MODERN LIFE AND PULMONARY TUBERCULOSIS.

At least four classes of employments have a tendency to favour the development of tuberculosis. They are:—

1. Sedentary employments in ill-ventilated apartments, involving confinement in impure air and other unwholesome conditions. This class of occupations is typified by the so-called sweatshops for the manufacture of various articles of clothing.

2. Employments which necessitate the inhalation of irritating dust and noxious vapours. Such are those of stonecutters, bleachers, match-makers, needle-makers, file-cutters, grinders, engravers, etc.

3. Employments which involve the over-use or abuse of certain muscles. These are athletes, prize fighters, gymnasts, wrestlers, professional bicycle-riders, ball-players, etc., a large proportion of whom die eventually of phthisis.

4. Employments which involve undue familiarity with intoxicants. These are those connected with manufacture and sale of wine, beer, and the various classes of alcoholics. Tatham's tables show that, taking the average mortality from consumption at one hundred, that of publicans is one hundred and forty, of brewers one hundred and forty-eight, and of bar-tenders two hundred and fifty-seven.

The principal measures of prevention now recommended are as follows:—

1. The proper disposal of tuberculous sputum.

2. Control of milk and meat supplies.

3. Notification to the Board of Health of all cases of tuberculosis.

4. Sanitaria and hospitals for consumptives (in sanitary dwellings).

5. The prevention of overcrowding, defective ventilation, damp, and rain.

6. Healthful occupations, with healthful conditions for carrying them on.

7. Residence in rural districts, with favourable climatic conditions.

8. An abundance of sound and wholesome food.

9. Personal cleanliness and public hygiene.

10. Isolation and disinfection of consumptives.

The figures showing the death rates at intervals of fifty years combine to teach the encouraging fact that the death rate from consumption is steadily decreasing throughout the civilised world. So marked is the improvement in this direction that it is not too much to say, as one writer has done, that the average individual of to-day "is exposed to a risk of dying from phthisis in a degree about three-fourths as great as that to which his parents were exposed, and only one-half as great as that to which his grandparents were exposed.

In seeking for the causes of this gratifying improvement one fact stands out above all others, and including all others; namely, that this decrease in the death rate from consumption has been coincident with better circumstances on the part of the people, increased intelligence of the masses, and the general progress of the world in all the arts of civilisation.—J. M. FRENCH, *Medical Examiner, December*, 1901.

WHEN PARSONS RUN.—Recently, at the Chelmsford Church Institute, the Rev. W. C. Lutyens, one of the best long-distance runners that Cambridge University has ever produced, gave an address on "The part that athletics should take in a man's life." Mr. F. Rison presided over a numerous attendance. Mr. Lutyens said that even in early days parsons could run. (Laughter.) Elijah picked up his mantle and ran with the chariots. It was a pity there were not stop watches then. (Laughter.) Athleticism was the best thing to make boys into men, but they must keep it in its proper place. The physical gift should not usurp the spiritual or mental gift. Mr. Lutyens spoke strongly against professionalism, which, he said, led to nothing. A man was left at the very moment he wanted a trade. As for professional football, it was not worth going in for. Twenty-two men were trained to entertain perhaps 30,000 people, who ought to be playing themselves. Resolution, self-control, and endurance were required in athletics, and made the best possible foundation for a man in after life. God wanted those things, and they should give Him the best they had got.

Getting on His Feet.

By ... A. S. MUNROE.

WHEN James Cameron Jenkins, junior, left his home on the farm and went to London to "try his luck," he had great confidence in his ability to engage with profit in most any line of business the huge signs of which confronted him boldly at every turn, notwithstanding the fact that his knowledge of business was a minus quantity. His belief in "luck" amounted to a superstition. He smiled as he thought of himself as a competitor about to enter the field of commerce, unknown to those already plying their trades there.

When he had been in the city two weeks he obtained his own consent to accept a position, should one offer, as floor walker or manager of some special department in need of his quality of gray matter. At the end of three weeks he applied for a position as salesman, and when a month had rolled round, he began to study the want-ads. in the daily papers, especially the "agents wanted" columns.

All the time he had been writing home glowing letters filled with descriptions of wonderful things in the great city, and expressions of his personal feeling of gratitude that he had been accorded the privilege of entering its terrific bustle and roar to carve out a fortune for himself and the "home folks." His faith in the ultimate result of the grand combine—himself and the city—never wavered. All he asked was a chance "to get on his feet." He was always going to "get on his feet," but somehow he never "got."

His sisters told the neighbour girls of the lovely dresses James wrote them about, and that he intended to send them some; his mother bragged that her boy meant to pay off the mortgage the very first thing and that he had promised her a new dress and father a black broad-cloth suit. The neighbours were properly impressed and stood back on their dignity, accusing the Jenkins of being "stuck up," while James' best girl of other days sniffed the air and said, "no citified dude for me, not if I know myself."

Meanwhile the "little remittance" requests kept tally with the flowery outbursts regarding the beauties of city life. At last came a letter breathing a faint note of discouragement.

"If it wasn't for you, father," he wrote, "slaving away on the farm, and mother, soiling her hands with menial labour, and the girls denied the privileges of refining accomplishments, I'd have given up long ago. But every time I think of the comforts of home with longing, my duty comes before me and I bid the tempter leave me. I gaze in rapture on the huge educational edifices, the art galleries, the halls of wisdom and learning, the wide streets filled with the pushing, jostling throng, the rush and bustle of business and pleasure, and I say to myself, this is where we belong, we Jenkinses. We have been hiding our lights under bushels. Now is the time for us to come out in the full glory of the possibilities within us. The name of Jenkins shall be written on a huge banner that shall sweep its mighty folds from ocean to ocean. I, by my own efforts, unaided, will get on my feet. I will lift you out of your present lowly environment.

"Your most affectionate son,

"James Cameron Jenkins, junior."

And below followed the usual request: "Please send five pounds to bridge over a few days."

Farmer Jenkins read the letter through twice. A little grunt escaped him.

"Do read it aloud," cried the mother and sisters. But he tossed it over to them instead, and taking pen and paper wrote the following:—

"I refuse to be lifted. I refuse to allow your mother and sisters to be lifted. I refuse to allow you to get on your feet. The old teapot is full. The turkey is fat for Christmas. Mother's making plum pudding. Come home.

"Dad."

He came.

		s.	d.
SCIENTIFIC BOXING. By JAMES J. CORBETT. With fifty full page illustrations	Post Free...	0	7½
SCIENTIFIC BAG-PUNCHING. By Champion HARRY SEEBACK. With thirty-two full page illustrations	Post Free...	0	7½
PHYSICAL CULTURE. By Prof. EDWARD ITTMAN. With twenty full page illustrations	Post Free...	0	7
OFFICIAL BASE-BALL GUIDE. JOHN J. MCGRAW. With thirty full page illustrations	Post Free...	0	7½
JIU-JITSU: The Japanese System of Physical Culture. By M. OHASHI. With thirty-five full page illustrations	Post Free...	0	7½
JIU-JITSU TRICKS. By K. SAITO. With fifty-two full page illustrations	Post Free...	1	1½
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